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for second title in row  
Sports, Page 1B



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# Granite City Journal

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VOLUME 30, NUMBER 61

WEDNESDAY, AUGUST 4, 1999

FIFTY CENTS

## 'Green' programs flourish

Recycling in area becoming popular

By Nicole Vaughn  
Staff writer

Don't want something? Throw it in the trash. Today's generation is bearing the burden of centuries of

common practice. But thanks to several recycling programs and the efforts of a "green-conscious" public, the future looks a lot brighter.

When Madison, Monroe and St. Clair counties first worked together on a joint solid waste management plan in 1990, officials assessed their landfill needs.

"What we were told from our part is that within the next 10 years, you will need another landfill," said Barb Hohlt, director of environmental programs for St. Clair County.

One is on the way for St. Clair County. A new landfill expansion project for Cottonwood Hills in Marissa was approved last month.

Hohlt said the project involved the purchase of half of which will be dedicated to a new recycling facility.

An existing landfill is part of the site. It will be dug up, relined and its contents reprocessed.

"It's going to be a better, safer situation for everybody," Hohlt said.

The site should begin accepting trash next spring or summer.

Such sites would have been needed much sooner and surely not last as long without recycling programs that have dramatically reduced the amount of refuse sent to landfills.

"We're seeing a great participation from (Madison County) residents," said Denise McCleary, solid waste coordinator for Madison County.

"People are concerned about the environment and are taking an interest in recycling."

For more about recycling, see today's Big Picture, Page 6A.



Dale Earnhardt Jr., rear, driving the AC/Delco Chevrolet Monte Carlo, reels in Joe Nemechek, driving the BellSouth Mobility Monte Carlo, as they come around Turn 4 at Gateway International Raceway.

Tim Stephenson photo

## 60,000 fans witness

## Earnhardt Jr. take flag

First night race at GIR produces dramatic finish

By Michael Heil  
Staff writer

A thunderous roar swept the grandstands Saturday evening

at Gateway International Raceway in Madison when Dale Earnhardt Jr.'s blazing blue AC/Delco Chevrolet Monte Carlo flashed across the finish line a split-second ahead

of Randy Lajoie.

Earnhardt, 24, captured the NASCAR Busch Grand National CARQUEST Auto Parts 250 about two hours under the lights at Gateway.

Saturday's activities also featured a concert by country and bluegrass singer Ricky Skaggs and local band Rockin' Horse, then fireworks after the race.

Earnhardt also won last

year's CARQUEST 250.

"I have a great admiration for my competitors," Earnhardt said in the winner's circle. "It was a well-run race. Since this is my second consecutive victory, I guess I might have to call this my second home."

The two-day racing extravaganza got off to a roaring

See CARQUEST, Page 5A

## Annexation moves ahead

Madison providing service

By Scott Cousins  
Staff writer

The city of Madison is moving ahead with plans to annex the Cloverleaf Subdivision.

At Tuesday's meeting, the City Council approved plans to annex the approximately 200 residents after annexing property belonging to the Norfolk and Southern Railroad. That allowed the city to annex the subdivision as a totally surrounded area under 60 acres.

Final action is expected at

the Aug. 10 City Council meeting.

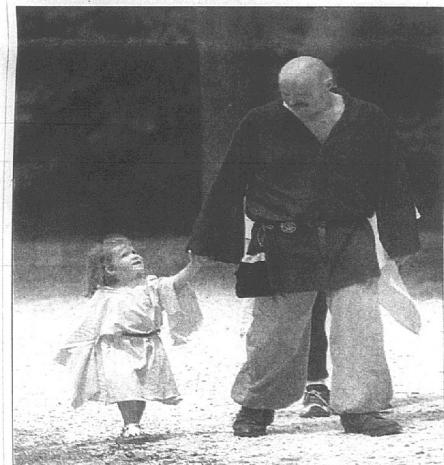
Madison Mayor John Hamm said that many Cloverleaf residents have been asking about receiving city services. The area would be included in a proposed residential tax increment financing district.

The main focus of the district, which would also include the East Madison area and the proposed new fire station at the old Madison Junior High School site, would be to pro-

vide annexation services.

See ANNEX, Page 5A

## Medieval stroll



Scott Cousins photo

A father and his daughter take a stroll on the campus of Southern Illinois University Edwardsville during last weekend's annual Renaissance Festival. For full details on the weekend's activities, see Thursday's Granite City Press-Record People page.

**fairWeather 5**

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## Granite City Journal

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# Madison council approves used car, vehicle purchases

## 4WD to be used at Gateway racing events

By Scott Cousins  
Staff writer

The purchase of a used police car and a "Mule," four-wheel drive vehicle for use by the fire department were approved by the Madison City Council Tuesday.

**MADISON.** The council approved spending up to \$14,000 to purchase the police car from Madison County Sheriff's Department. A Kawasaki Mule was also purchased at a cost of \$5,279.39. The cost is being paid with tax increment

financing funds.

Madison Mayor John Hamm said the city can do that because the vehicles are used within the TIF district and it is not something the city would normally purchase.

The four-wheel drive vehicle will be used at the Gateway International Raceway. Hamm said it would be outfitted with fire extinguishers and other equipment so firefighters could travel to a quick track or off-track fires, such as what might take place in concession areas. Hamm said that golf carts do not have lights, brakes or speed when loaded with

firefighting equipment.

The council also amended its wage ordinance and passed an amendment to the ordinance. The wage ordinance was changed to reflect the salary increase for the recreation director. The appropriate ordinance is the same as the one passed at the previous meeting. However, it had to be done again because it was not published in time for the last meeting.

In other business, the council approved resolutions authorizing the condemnation of residential property at 1112 Greenwood, 1915 Sixth St. and 2039 Fifth St.

## Local man shot during property dispute

By Scott Cousins  
Staff writer

A Mitchell area man is in custody after allegedly shooting another man in the arm during a drunken dispute over some property.

**MICHELL.** Charles Muffler, 42, of the 3100 block of West Chain of Rocks Road, was charged Monday with attempted aggravated battery.

He was in custody as of Monday afternoon, with bond set at \$50,000.

According to Detective John Lakin of the Madison County

Sheriff's Department, deputies received a call about a shooting at Muffler's home at 8:15 p.m. Sunday.

When officers arrived, they found the victim, a 46-year-old man with no known address, with a gunshot wound in his left forearm.

The victim was taken to St. Elizabeth Medical Center in Granite City, then transferred to an undisclosed St. Louis area hospital.

His condition was unknown, but his wounds were reportedly not life-threatening.

Police recovered the

apparent weapon, a .22-caliber handgun.

Lakin said the shooting apparently stemmed from a disagreement over property and that alcohol was a factor.

"It appears everybody involved had been drinking," he said.

The incident is still under investigation.

The charge carries a maximum penalty of 10 years and a \$250,000 fine. A sentencing hearing has been set for Oct. 1.

Mayes, who has prior convictions for burglary and delivery of a controlled substance, was accused of smuggling marijuana into a federal drug trial with a beer bottle in a Granite City tavern in late March. The victim was taken to the hospital and received stitches.

The victim had testified in the 1995 marijuana-trafficking trial of Jimmie Poe Sr., and Mayes'

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# Granite City man pleads guilty of tampering charge

## Mayes now awaiting trial in Jersey County

By Scott Cousins  
Staff writer

A Granite City man awaiting trial in Jersey County for drug smuggling pleaded guilty to an unrelated federal charge of witness tampering Friday.

GRANITE CITY D. Mayes, 38, of the 2600 block of E. 29th Street, pleaded guilty in U.S. District Court in East St. Louis to one count of retaliation against a federal witness.

The charge carries a maximum penalty of 10 years and a \$250,000 fine. A sentencing hearing has been set for Oct. 1.

Mayes, who has prior convictions for burglary and delivery of a controlled substance, was accused of tampering with a witness in a federal drug trial with a beer bottle in a Granite City tavern in late March. The victim was taken to the hospital and received stitches.

The victim had testified in the 1995 marijuana-trafficking trial of Jimmie Poe Sr., and Mayes'

name came up during that testimony.

E. Mayes, formerly of the 2700 block of Cayuga Drive in Granite City, was sentenced to 35 years in federal prison after being found guilty of nine counts, including conspiracy to distribute marijuana, operating a continuing criminal enterprise, possession with intent to distribute marijuana, using a firearm during a drug trafficking crime and possession of a firearm by a felon.

Larry Ottinger and John

W. Lindsey were also found guilty of conspiracy charges stemming from the investigation of a Texas-to-Granite City marijuana distribution organization.

In April, Mayes and two others were charged after being arrested during a series of coordinated drug raids in Madison and Jersey counties.

Mayes — who police identified as the leader of the group — was charged with unlawful criminal drug conspiracy, unlawful delivery.

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# Parents offer many special gifts to all their children

My extended family recently returned to the small northern Iowa community that grounded us for five generations to attend a memorial service for my mother.

This rejuvenating time with my relatives helped me focus on some of the special gifts I received from my parents, and reflect on how well I am transferring her remarkable legacy to my children. The priest, who had known

my mother for 40 years, eulogized her "passion for social justice that was decades ahead of her time and touched us all."

My mother started Catholic Charities, headed the governor's committee on youth, served on many White House Conference on Youth boards, and supervised the parolees, women paroled by the state, the priest reminded us.

My mother, the social worker, and father instilled in their children a commitment to making the world a better place for those who are less fortunate. Five of their seven children now have seven grandchildren, currently work in the "helping professions."

But before my parents

taught us to save the world, they took care of us. My parents gave us unconditional love.

Sadly, not all children begin the true adult life with the security in the back pocket of knowing they are loved and lovable just for being themselves.

My parents helped us develop self-confidence. Their messages to us were positive, affirming and challenging. We learned to believe in ourselves because they believed in us.

Even if it was a 5-second phone call, she always reminded us that we were "special," was the way my nieces' Budget summed up my mother at 87 years old.

My siblings and I were raised to value education.

My parents were the first of

both of their families to graduate from college. My mother helped put her brothers and sister through college as well. My father put himself through 19 years of college and postgraduate studies to become a fine surgeon.

As a result, my parents enrolled me in school a year earlier. I worked another productive year at the end of my education. In addition, they sent my four youngest siblings to out-of-state prep schools, where the quality of education was superior to that of rural Iowa.

Even during my high school summers, I received enrichment tutoring in Latin, math and writing. It's no accident all my parent's children graduated from college, and their

grandchildren attend or attended private schools. These four gifts — the security that comes from knowing you are unconditionally loved and utterly lovable, basic self-confidence, compassion for others and love of learning — are among the most important, basic gifts parents can offer their children.

My parents also passed along invaluable suggestions ways to approach life.

My mother told her children and grandchildren to take chances and risk falling short, as opposed to hanging back and doing nothing at all. My parents' success usually was the result of hard work and persistence. "Hammer, hammer, hammer, in the hard, hard way," he

would say.

My dad also encouraged us to be well-rounded, armed with an overview in our studies, skills and approaches to life.

These are things I remember most about my parents' spiritual legacy. Hopefully, these reflections will help you reflect on the positive values and personal characteristics you prize and wish to pass on to your children.

Dennis O'Brien is a licensed clinical social worker, experienced teacher and the founder and executive director of Zink the Zebra Foundation of St. Louis, an organization serving medically fragile children.



Dennis O'Brien

FAMILY MATTERS

I am transferring their remarkable legacy to my children. The priest, who had known

## Police Blotter

### Granite City Police

**• ROBBERY:** A woman who picked up a teen-aged son on Madison Avenue was robbed of \$150.

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woman threatened a man with a knife.

According to a police report, a man was riding a bicycle in the area when a woman ran toward him with a kitchen knife, threatening to stab him.

Police have a suspect and are seeking aggravated assault charges against the man.

The incident occurred about 9 p.m. on Saturday.

**AUGUST & BATTERY:** A person was kicked and punched repeatedly early Saturday morning near the Billiard Club.

According to a police report, the person was not seriously injured and did not receive medical attention.

Police have a suspect and are seeking battery charges against him.

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## News

## Obituaries

**Mary Basarich**

**MARY E. (WAGNER) BASARICH**, 80, of Granite City, died at 5:50 p.m. Monday, Aug. 2, 1999, at St. Bernardine Catholic Hospital in Granite City.

She was born July 16, 1919, in Granite City. Mrs. Basarich was a homemaker, member of Holy Family Catholic Church in Granite City, and former member of St. Joseph Catholic Church.

Survived by two sons, Roger and Andrew Basarich, both of Granite City; a brother, Peter Wagner of Madison; four grandchildren; and six great-grandchildren.

She was preceded in death by her husband, Steve Basarich; her parents, John and Katie Wagner; and two sisters.

Visitation will be held from 5 to 8 p.m. today, Wednesday, Aug. 4, at Irwin-Scott Chapel in Granite City; a prayer service will be held at 7 p.m. at the chapel.

Funeral services will be held at 9 a.m. Thursday, Aug. 5, at Holy Family Catholic Church, with the Rev. Jim Koehler officiating. Burial will be in Calvary Cemetery in Edwardsville.

Memorials may be made in the form of masses.

**Herchel Crawford**

**HERCHEL LEON CRAWFORD**, 80, of Edwardsville, died at 9:10 p.m. Friday, July 30, 1999, at Greenwood Care Center in Edwardsville.

He was born June 23, 1919, in Granite City. Mr. Crawford was a U.S. Navy veteran of World War II and the Korean War. He was a designing draftsman at Hussman Refrigeration for 35 years, retiring in 1981. He was a member of Union Chapel in Granite City.

He is survived by his wife, Ruth (Lillian) (Gobbel) Crawford, whom he married on May 10, 1947; two daughters, Nina Crawford of Manchester, Mo., and Linda (Crawford) Blum of Mt. Pleasant; a sister, Norma Dink of Granite City; and a brother, Don Crawford of Granite City.

He was preceded in death by his parents, Orval and Olive (Danforth) Crawford; a sister, Dorothy Barber; and a brother, George Barber.

Visitation will be from 10 a.m. to noon today, Wednesday, Aug. 4, at Irwin-Scott Chapel in Glen Carbon.

Funeral services will be held at 10 a.m. today, Wednesday, Aug. 4, at Irwin-Scott Chapel, with the Rev. Ellen Leas officiating. Burial will be in Valley View Cemetery in Edwardsville.

**Mary Crews**

**MARY LOUISE VANCE CREWS**, 62, of Bowling Green, Ky., formerly of Granite City, died at 2:49 a.m. Saturday, July 31, 1999.

**Fees now payable by credit card**

By Wade Alberta  
Staff writer

Long lines may be a thing of the past for Illinois.

State Treasurer Judy Baar Topinka announced yesterday at the Peoria Airport Conference in Cahokia that a new program beginning Aug. 1, will enable Illinois citizens to pay many government fees via debit or credit card.

The program will allow residents to pay such fees as traffic tickets, child support payments and driver's license fees, among other state fees.

Topinka said that will answer the question, "Why does government not run like a business?"

"People have enjoyed the ease and convenience of being able to buy items like groceries, gasoline and other items via credit card, and several people are enjoying the convenience of ease of shopping from home on the Internet," Topinka said. "This is the no-hassle way people like to do business."

"People are stressed, they have complicated lives and they don't want to wait in lines."

Within a year and a half, 12

Mrs. Crews was a member of Hillside Heights Church, Indian Hills Community Center and was an assistant administrator for Bowling Green Retirement Village.

She is survived by her husband, Dr. Roger Crews; a daughter, Janice Benjamin of Bowling Green, Ky.; a son, Dr. Thaddeus R. Crews Jr.; two sisters, Ely (Vernon) Bernstein and Pauline Scott of Houston; and five grandchildren.

She was preceded in death by her parents, John and Katie Wagner; and two sisters.

Visitation will be held from 5 to 8 p.m. today, Wednesday, Aug. 4, at Irwin-Scott Chapel in Granite City; a prayer service will be held at 7 p.m. at the chapel.

Funeral services will be held at 9 a.m. Thursday, Aug. 5, at Holy Family Catholic Church, with the Rev. Jim Koehler officiating. Burial will be in Calvary Cemetery in Edwardsville.

Memorials may be made in the form of masses.

**Herchel Crawford**

**HERCHEL LEON CRAWFORD**, 80, of Edwardsville, died at 9:10 p.m. Friday, July 30, 1999, at Greenwood Care Center in Edwardsville.

He was born June 23, 1919, in Granite City. Mr. Crawford was a U.S. Army Air Forces World War II veteran and worked for the Illinois Central as an electrician, retiring in 1982.

He was a member of St. Elizabeth Catholic Church in Granite City, Holy Name Society, Club AFL-CIO Electricians Local 68.

He married Amelia D. (Papke) Kiesch on Aug. 8, 1942, and she survives.

Other survivors include two sons, John R. Kiesch of Bardonia, N.Y., Dr. Kenneth W. Kiesch of Wildwood, Mo., and five grandchildren, David, Laura, Andrew, Brian and Kristen Kiesch.

He was preceded in death by his parents, Joseph and Rose (Kovar) Kiesch; a sister, Ann Pare; and a brother, Joseph Kiesch.

Visitation will be held at 10 a.m. today, Wednesday, Aug. 4, at St. Elizabeth Catholic Church in

Granite City, with the Rev. Tom Lievan officiating. Burial will be in St. Bernardine Chapel in Edwardsville.

Memorials may be made in the form of masses to the church building fund.

**Margaret Speidel**

**MARGARET A. (YOUNG) SPEIDEL**, 61, of Granite City, died at 10:30 a.m. Saturday, July 31, 1999, at St. Elizabeth Medical Center in Granite City.

She was born June 25, 1938, in Granite City, Ill.

She is survived by her husband, Vernon Speidel; a son, Vernon A. Speidel, of Granite City; three daughters, Vicki (Speidel) Decker, both of Granite City, and Roberta Reckleek of Belleville; and seven grandchildren.

She was preceded in death by her father, Leo V. Young.

Funeral services will be held at 2 p.m. today, Wednesday, Aug. 5, at Irwin-Scott Chapel in Glen Carbon.

The Rev. Rick Patrick officiating. Burial will be in Sunset Hill Memorial Estates in Edwardsville.

Memorials may be made in the form of masses.

**John Klesch**

**JOHN KLESCH**, 82, of Granite City, died at 4:46 p.m. Sunday, Aug. 1, 1999, at his residence.

He was born Feb. 23, 1917, in Granite City. Mr. Klesch was a U.S. Army Air Forces World War II veteran and worked for the Illinois Central as an electrician, retiring in 1982.

He was a member of St. Elizabeth Catholic Church in Granite City, Holy Name Society, Club AFL-CIO Electricians Local 68.

He married Amelia D. (Papke) Kiesch on Aug. 8, 1942, and she survives.

Other survivors include two sons, John R. Kiesch of Bardonia, N.Y., Dr. Kenneth W. Kiesch of Wildwood, Mo., and five grandchildren, David, Laura, Andrew, Brian and Kristen Kiesch.

He was preceded in death by his parents, Joseph and Rose (Kovar) Kiesch; a sister, Ann Pare; and a brother, Joseph Kiesch.

Visitation will be held at 10 a.m. today, Wednesday, Aug. 4, at St. Elizabeth Catholic Church in

**BAC offers collision repair courses**

decades.

Belleville Area College will offer evening courses in Automotive Collision Repair Technology for the fall semester at the college's Granite City Campus.

Memorials may be made in the form of masses to the church building fund.

Memorials may be made in the form of masses to the church building fund.

The new program was developed following a pledge of more than \$100,000 from Illinois Gov. George Ryan carved from the state's recent Illinois First funding package.

Jim Moore, director of BAC's Industrial Training Center, said that the addition of Automotive Repair to the ITC's curriculum will help create a well-trained labor force in the district.

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Muffin will be  
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sniffing for Particle  
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because you always get  
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Furniture Store in  
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Factory Direct Furniture  
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LT. & MED FINISH  
Your Choice 24" or 30"  
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(Inside Mall Lower Level Next to Sears)  
(Mall Hours)**

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GCC in between the aviation hangar and ITC. The will house a 6,500-square-foot, state-of-the-art body shop, two classrooms, an auto storage area, outside work area and office space.

The new program, which was approved earlier in the year by the Illinois Community College Board and the Illinois Department of Higher Education, will offer an associate of applied

Automotive Collision Repair Technology and certificates in Non-Destructive and Structural Repair, Automotive Refinishing and Mechanical Systems.

Plans include the construction of an 11,000-square-foot building at

Continued on page 2

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Last year  
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**Summer Planting  
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Where Beautiful Things Begin

**Y**ou're probably well aware that spring and fall are the two best times of the year to plant. And it's definitely true.

But suppose you were unable to plant last spring for some reason, or can't fit it into your schedule this fall. And you'd like to plant some trees and shrubs now. No need to worry!

There is absolutely no reason why you can't plant right now, or any other time during the summer. However, it's not quite the same. Since weather conditions aren't exactly ideal, you'll have to step in and add a little extra help.

Following are some tips that nursery people in the western states use. And if they can get things to grow out there, well...enough.

You may find these tips remarkably similar to the ones for planting in spring and fall. Generally, except you'll notice the quantities of water are increased.

First, dig the planting hole and fill it with water. Let the water drain completely before going to the next step. When the hole is draining, squirt the pile of soil you removed from the hole with water, keeping it moist.

Moisten your soil amendment. Peat moss should be soaked by water. Mix an equal amount of amendment and soil. Add a high phosphorus starter fertilizer such as Frank's Bone Meal, which will encourage quick establishment and good root development.

Make sure you don't compact any of this mix of soil, fertilizer and amendment.

Before you remove the plant from its container, water it thoroughly and let it drain.

Remove the plant from its container. For balled and burlapped plants, leave the burlap in place, just cut the twine and pull the cloth down around the sides of the root ball so no burlap will be above the ground.

Place the plant in the hole so the top of the plant's soil is slightly higher than the surrounding ground. Run water slowly into the hole.

Shop any of these ten convenient Frank's locations

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Watch Sunday's Journal  
for more tips from the  
experts at Frank's!

## Madison annexing Cloverleaf Subdivision

Continued from Page 1A

vide infrastructure such as sewers and sidewalks as well as the construction of the new fire station.

Last year, the city annexed the East Madison area. Hamm said the city immediately began clearing up the area and residents have been pleased with the services. Hamm said Cloverleaf resi-

dents will see similar action.

"Right off the bat, they'll get trash service," he said.

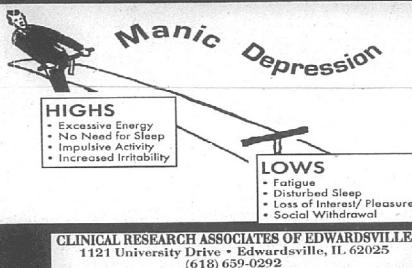
Area residents will pay slightly higher property taxes, probably \$25 to \$50 more, he said. Services should make up for it.

Another reason for the annexation is the upcoming census.

Because grants, state fund allocations and other revenue

### DOES YOUR LIFE FEEL LIKE A SERIES OF MOOD SWINGS?

Up and down, High & Low  
If you experience symptoms from both columns, you may suffer from manic depression. You may be eligible to participate in an investigational medication research study at no cost.



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"Right off the bat, they will get trash service."

**John Hamm**  
Madison Mayor

sources are based on population, bringing in more residents will give the city a bigger share, or a better chance, of getting those funds.

Relations between the subdivision residents and the city have been strained at times.

In 1986, many residents opposed plans by a developer to put a wood-powered electric generating plant next to the subdivision.

A combination of changes in state law and an adverse ruling by the Illinois Pollution Control Board killed that project.

In 1986, many residents

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## Earnhardt Jr. wins CARQUEST 250

Continued from Page 1A

start Friday night when Purdue University senior Ryan Newman zipped in front of Winston Cup driver Kenny Irwin Jr. on lap 10 to pull away and win the USAC Coors Light Silver Bullet Shop 'N' Save 100.

On Saturday, thousands from throughout the St. Louis region were among an estimated crowd of about 60,000 cheering and hollering racing enthusiasts who packed the grandstands. They were treated to comfortable breezes and a third-place race and were part of NASCAR's 10th stop in the BGN Series.

"It was loud, real loud, but you had to sit close to feel the speed and hear the action," said Shane Hamm of Edwardsville. Hamm sat with a handful of friends in the lower grandstand section.

From the newly built Turn

Two seats, Patty and Bill Pearson of Collinsville had a bird's-eye view atop the bleachers. Their vantage point enabled



them to see four wrecks that took place on the night as well as the drivers zipping by each other to jockey for position.

"You can hear them (the cars) all the way up here and you can see all the turns and the whole track and everything," Bill Pearson said. "It's quite a view."

Before the race the view

was just as spiffy," Pearson.

"The (Gateway) Arch and the St. Louis skyline looked like a postcard in the background," Patty Pearson said. "I'm glad we came early enough to see it."

The CARQUEST 250 was the first major race held under the full lights at Gateway.

Because of the new lighting and other additions racing officials have on the agenda, Wayne Vaughn, who worked the pits for racer Kevin Grubb Saturday, said he would not be surprised if Gateway became part of the Winston Cup Series.

"You've got Anheuser-Busch (a major NASCAR sponsor) here," he said. "You got great racing fans and a first-class track that organizers continue to upgrade. This could be the market Winston is looking for."

Winston Cup is the top flight of NASCAR racing. Track officials have said their goal is to attract a Winston Cup race and plan to put in at least 100,000 seats, possibly by next year.

### New DUI bills signed by Ryan

By Val McDowell  
Staff writer

Gov. George Ryan signed several bills recently that toughen penalties for those convicted of drunk driving. They also provide state

law enforcement officials

with new tools to combat alcohol related violence.

Two of the four bills were co-sponsored by State Rep. Jay Hoffman, D-Collinsville.

Hoffman changes the blood alcohol concentration standard for school bus drivers from .10 percent to .08 percent. It also imposes a three-year suspension for bus drivers violating the state's DUI standards.

Hoffman, chairman of the house transportation committee, said the safety of school children is an important issue to everyone.

A second bill makes anyone found guilty of a DUI liable for a \$100 fine, in addition to fines for other violations.

Funds raised from those fines will go to the law enforcement agency making the arrest, and will be used to assist combating alcohol-related criminal violence statewide.

Hoffman said this will benefit both large and small law enforcement agencies in Illinois.

"This will help with cameras on the cars, breathing machines, and anything an agency might need to assist with this type of problem," Hoffman said.

He said the bill had broad bipartisan support and passed nearly unanimously.

"The good thing about this is that money collected from offenders will actually be used to fight the very offense they've been caught with," Hoffman said.

A third bill requires hospitals to disclose to the Department of State Police, or local law enforcement agencies the blood alcohol concentration levels of those involved in alcohol-related accidents.

Another bill allows courts to mandate the use of an ignition interlock device for a first-time DUI offender.

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SOFAS & SLEEPERS	
Traditional Style Sleeper, Queen Size	ONLY \$799
FLEXSTEEL Country Camel Back Sofa with Plaid Cover	ONLY \$699
Cochrane Contemporary Style Sofa in Tweed Cover	ONLY \$599

TABLES & CHAIRS	
Solid Oak Pedestal Table & 4 Solid Oak Chairs	ONLY \$599
Large Pedestal Table With 4 Side & 2 Arm Chairs	ONLY \$899
Oak Double Pedestal Table & 6 Oak Chairs [extends to 96"]	ONLY \$1099
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3 P.C. Queen Anne Oak Table Set	ONLY \$399
Oak Corner Curio Lighted with Mirrored Back	ONLY \$499
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Wall Hugger or Rocker Recliner [choice of Color]	ONLY \$329
Flexsteel Leather Recliners [choice of Style & Colors]	ONLY \$599
Swivel Rockers & Wing Chairs [choice of Colors]	ONLY \$299

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# The Big Picture

## What goes around, comes around

A growing number of people in the Metro East are reciting the environmental mantra: 'recycle, reuse, reduce'

By Nicole Vaughn  
Staff writer

The "three R's" once referred to reading, writing and "arithmatic."

Today it is a reference more commonly used in environmental circles representing the mantra "recycle, reuse, reduce."

Nearly a decade after they were forced by the state legislature to deal with the mounting problem of trash versus available landfill space, communities are achieving success on an almost unimaginable level.

"We need to change old habits," said Barb Hohlt, director of environmental programs for St. Clair County. "We need to take that little extra step in recycling."

To do that, the county created a Pollution Prevention Partnership. It targets environmental issues at all levels—business and industry, schools, citizens and clean air. A big part of the program is education.

"We go into the senior nutrition centers and into the schools with the program," Hohlt said. "A large part of the consumers we see need to be aware that they are working and they aren't easily available to us. So we go through their children and through their parents."

It is important to let the public know what they can recycle as well as where to do it and how they can do it. To achieve this, her office produces a recycling directory.

"We want to make things as convenient as we can for folks so they'll do it," Hohlt said.

Hohlt's office arranged a program that allows county schools and 13 county offices to recycle office paper. Add to that mix plastic, glass, aluminum, steel and you get an amazing amount of waste reduction.

"Our rate is 2.99 pounds per day, per person," Hohlt said. "We're much better than the average for the state."

The state average is between 4.2 and 4.8 pounds of waste per person, per day.

Some recycling efforts aren't as obvious. As part of St. Clair County's Pollution Prevention Partnership, Dave Weites is helping keep plastic byproducts from being tossed

onto a garbage heap. He works with two St. Louis based companies, Environmental Operations and Alternative Fuels.

"It's diverting reusable material from landfill disposal," Weites said. "Instead, they're being used as energy recovery."

The sources include cleaned paint cans and the insulation from electrical wiring. Its use: burned as fuel in Illinois Power's power station in Baldwin.

"They burn cleaner than coal," Weites said of the polyethylene products. "They have high energy values and don't emit sulfur ash."

Clean air is a direct result of limiting pollutants in the environment. Another arm of the St. Clair County program sends daily air quality updates to dozens of sites.

"It's so much cleaner when you can recycle or bury something to get rid of it," said Madison County Solid Waste Coordinator Denise McCleary.

McClarey's program recycles everything from milk jugs to textiles. "So many of these items have alternate uses," McCleary said.

Newspaper becomes insulation. Old clothes are cut apart to dust rags. Advertising slicks and office paper are restored to their former functions. But to fulfill that purpose, consumers have to recycle.

Curbside recycling programs are offered in most area communities. Many of these areas also have drop-off sites. For information on Madison County sites, call the recycling hotline at 692-7040, Ext. 6664. Other sites include:

### Bellefontaine

City Site, 300 Environmental Drive; 7:30 a.m. to 4 p.m. Monday through Friday. Accepts aluminum, steel cans, newspaper, glass and plastic.

### Bellefontaine

Hecker; 8 a.m. to 4:30 p.m. Monday through Friday and 8 a.m. to 1 p.m. Saturday. Accepts aluminum, steel cans, newspaper, cardboard, office paper, glass and ferrous and non-ferrous metals.

Centread, 420 S. Illinois; 8 a.m. to 5 p.m. Monday



Kathy Frawley changes the air indicator at Fairview Heights City Hall to yellow last week. Clean air is easier to achieve when waste is recycled or reused, rather than burned or buried in a landfill, officials say

through Friday. Accepts tires only.

### Dupo

City Site, 9 a.m. to 11 a.m. on the second and fourth Saturday each month. Accepts aluminum, steel cans, newspaper, cardboard, office paper, batteries, motor oil, ferrous and non-ferrous metals.

### Fairview Heights

City Site, South Ruby Lane; 8 a.m. to 1 p.m. Monday through Friday and 8 a.m. to 2 p.m. Saturday. Accepts aluminum, steel cans, newspaper, cardboard, office paper, glass and plastic.

### Mascoutah

Church St.; 9 a.m. to noon every third Saturday. Accepts aluminum, steel cans, newspaper, cardboard, office paper, batteries, motor oil, ferrous and non-ferrous metals.

### Millstadt

East Harrison Site; 8 to 10 a.m., every second Saturday. Accepts aluminum, steel cans, newspaper, cardboard, office paper, glass and plastic.

### O'Fallon

Reynolds; 9 a.m. to 5 p.m. Monday. Accepts aluminum and ferrous metals.

St. Louis St.; 9:30 a.m. to noon every third Saturday. Accepts aluminum, steel cans, newspaper, cardboard, office paper, batteries, motor oil, ferrous and non-ferrous metals.

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## Felonies

The following felonies were recently filed in the Third Circuit Court in Madison County:

• Fred D. Langford, 29, was charged with unlawful possession

of a controlled substance for an incident July 29, by the Southern Illinois University Edwardsville Police Department. Langford allegedly had less than 15 grams of a

substance containing cocaine. Bond was set at \$25,000.

• Clifford Joseph Cook Jr., 17, and Christopher D. Huizaro, 19, were charged with offenses relating

to a motor vehicle for an incident July 21, by the Granite City Police Department. Cook and Huizaro were allegedly in possession of a 1988 Ford Crown Victoria. Known that it was stolen or converted. Bond for each was set at \$25,000.

• Jerome N. Tankersley, 17, was charged with criminal damage to property over \$300 for an incident July 21, by the Granite City Police Department. Tankersley allegedly broke into a residence located in the 3200 block of Newell in Granite City. Bond was set at \$15,000.

• Ricky Joe Cole, 37, was charged with driving while his license was revoked for an incident July 29, by the Collinsville Police Department. Cole was allegedly driving a 1995 Ford Explorer on Fairmont Avenue in Collinsville while his license was revoked for a previous conviction. Bond was set at \$20,000.

• Dennis M. Honchak Jr., 22, was charged with criminal damage to property over \$300 for an incident July 23, by the Madison County Sheriff's Department. Honchak allegedly caused more than \$300 damage to a 1992 Pontiac Sunbird that belonged to another. Bond was set at \$20,000.

• Logan L. Braden, 28, was charged with aggravated battery for an incident July 23, by the Madison County Sheriff's Department. Braden allegedly hit another in the face with a pool stick. Bond was set at \$30,000.

• Richard L. Coy, 49, was charged with two counts of unlawful delivery of cannabis with intent

to deliver, and one count of unlawful delivery of cannabis for incidents May 10, July 20 and June 26, by the Madison County Sheriff's Department. Coy allegedly hit another in the 2900 block of Wayne, in Granite City, with a glass bottle. Bond was set at \$30,000.

• Victoria L. Carroll, 32, was charged with criminal damage to property over \$300 for an incident July 21, by the Granite City Police Department. Carroll allegedly entered a home in the 2900 block of Wayne, in Granite City, and damaged the heating system. Bond was set at \$75,000.

• Daniel J. Howard, 54, was charged with attempted residential burglary for an incident July 18, by the Granite City Police Department. Howard allegedly kicked in the front door of a residence at the 2000 block of Edgewood Road in Granite City in an effort to commit theft. Bond was set at \$60,000.

• Angela D. Wallace, 19, was charged with criminal damage to property over \$300 for an incident July 23, by the Madison County Sheriff's Department. Wallace allegedly caused damage to a 1995 Honda Shadow motorcycle. Bond was set at \$15,000.

• Raymond Lee Marciniak Jr., 19, and Kristin K. Tomlin, 25, were charged with forgery for an incident July 23, by the Collinsville Police Department. Marciniak and Tomlin allegedly cashed a check for \$300 at UMB Bank of Collinsville using their mother's name. Bond for each was set at \$30,000.

• Toby D. Gates, 19, was charged with two counts of unlawful delivery of cannabis with intent

to deliver, and one count of unlawful delivery of cannabis for incidents May 10, July 20 and June 26, by the Madison County Sheriff's Department. Gates allegedly had between 30 and 500 grams of a substance containing cannabis in each bag. Bond was set at \$50,000.

• Laketra R. Moton, 21, was charged with unlawful possession of a controlled substance for an incident July 16, by the Collinsville Police Department. Moton allegedly had less than 15 grams of a substance containing cocaine. Bond was set at \$20,000.

• Donald A. Long, 32, was charged with fraudulent use of electronic funds for an incident between April 30, and May 2, by the Granite City Police Department. Long allegedly used electronic transfer to attempt to withdraw from the Granite City Steel Credit Union out of \$560. Bond was set at \$30,000.

• Tina L. Parks, 25, was charged with unlawful possession of a controlled substance and unlawful possession of cannabis for an incident July 16, by the Collinsville Police Department. Parks allegedly had less than 15 grams of a substance containing cocaine. Bond was set at \$25,000.

• David M. Parks, 25, was charged with forgery for an incident July 16, by the Collinsville Police Department. Parks allegedly cashed a check for \$200 at Union Planters Bank that was falsely signed.

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By Kerry Smith  
Staff writer

The body of longtime Alton firefighter Charlie Roades was recovered from the murky waters of the Mississippi River early Friday morning.

MADISON COUNTY  
Employees of the Economy Boat Store spotted the body near their business off the Amoco Cutoff Road, just west of Illinois Route 3.

Roades, 49, an Alton firefighter since 1974, last was seen alive at 2 a.m. Thursday at the dry-docked old Alton Belle Casino, near the intersection of Routes 3 and 143, where he worked part-time as a security guard.

An autopsy was performed shortly after 11 a.m. Madison County Coroner Donald Webb said it determined Roades died by drowning.

"The autopsy showed no evidence of any injury, but the matter is still under investigation," Burke said.

Deputy Wood River Police Chief William Webber said police have found no evidence of foul play.

At Alton's two fire stations on 20th Street and College Avenue, firefighters draped black bunting over the front entrance bay doors in tribute to Roades.

At 6:55 a.m. Friday, Economy Boat Store employees began preparing the boat for Roades' use, said supervisor Denny Angel, when they saw the body in the water. Roades had been working at Alton Belle Casino Saturday morning.

The body was at the old Amoco loading dock, just upstream from the old Standard Oil terminal, roughly a half-mile south of Mike's Marine Inc., where personnel

from eight law enforcement and rescue agencies had searched until dark Thursday for Roades.

"We were right below the dock, and we went to Mike's Marine and were fueling a boat when we saw him going by," Angel said.

Angel's employees, Eldon Rich and Pete Moyers, alerted the authorities together when they contacted the Wood River Police Department.

Webber said the police and the Wood River Fire Department responded to the body, which was taken to Wood River Township Hospital. The police and fire departments are being assisted by the Madison County Coroner's Office, he said.

Webber said, the body was taken to the Madison County morgue by Twin Rivers Search and Rescue for the autopsy.

In the day or at night, the dangers of the river are real, Webber said.

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## HMO reform proposals on mind of county care providers

By Bethany Behrhorst  
Staff writer

An emergency medical technician who, in the United States enjoyed an afternoon of fun until her three-wheeler hit a bump, throwing her off.

**Madison County** rushed to the nearest hospital — a hospital that was not on her HMO's plan. She was treated and spent two days unconscious in a hospital bed.

When she finally awoke, she was faced with the nightmare that is a reality for many of those with private health care insurance plans: fighting to make them pay emergency medical expenses without receiving payment. "You would have to stop everything to get approval of the insurance company," said Dr. Clair Callan, president of the Illinois State Medical Society, who said the anecdote illustrated a major fault of HMOs. That is among many problems consumers and physicians deal with daily across the country.

Callan is an anesthesiologist who has been involved in research with Abbott Laboratories, Inc., of Chicago, for the last 15 years. She said the medical society is in favor of any plan that offers patients a voice.

Callan said she hopes legislation under review in Congress will end the corporate reign of health maintenance organizations over everyday people such as the EMT.

She said she feels the Republican bill passed by the U.S. Senate addresses some of the problems of HMOs lacking in many parts. Callan said she hopes the Patients' Bill of Rights that eventually passes at the federal level is a healthy compromise between both Republican and Democratic versions.

"I hope it doesn't disintegrate into partisan politics," she said. "We feel this is a very important issue. It's important to someone that actually helps the patient."

Callan said the Democratic plan defeated by the Senate largely mirrors Illinois'

Bill of Rights, which

will take effect Jan. 1 pending the signature of Gov. George H. Ryan.

The Democratic proposal would require health care providers to give the patient the right to appeal the decision of the company when it denies coverage for specific treatments.

"There is plenty of room to compromise," said Dr. Edward Ragsdale, a member and past president of the Madison County Medical Society. "Consumers need to be informed and carefully look at these plans."

Ragsdale said he agrees with many of the points in the GOP bill, such as easier access to emergency rooms, obstetricians-gynecologists and specialists.

Ragsdale said he realizes the liberalized Patient Protection bill will veto the bill, which Ragsdale believes has the potential to benefit many patients.

"I'm very much in sympathy with the patient. (HMOs) are not perfect, but they have done some good things."

He believes that only the patient have to have rights. Some of these problems are best handled on the state level rather than the federal level."

doctor's recommendation. It also would mandate health plans to supply more information to consumers about what treatment gives the patient the right to appeal the decision of the company when it denies coverage for specific treatments.

"There is plenty of room to compromise," said Dr. Edward Ragsdale, a member and past president of the Madison County Medical Society. "Consumers need to be informed and carefully look at these plans."

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## Collinsville resident appears on state Lottery game show

By Val McDowell  
Staff writer

A Collinsville resident got the surprise of a lifetime when she recently won big with the "Illinois Luckiest" game show last month.

"The most plenty of room to compromise," said Dr. Edward Ragsdale, a member and past president of the Madison County Medical Society. "Consumers need to be informed and carefully look at these plans."

Ragsdale said he agrees with many of the points in the GOP bill, such as easier access to emergency rooms, obstetricians-gynecologists and specialists.

Ragsdale said he realizes the liberalized Patient Protection bill will veto the bill, which Ragsdale believes has the potential to benefit many patients.

"I'm very much in sympathy with the patient. (HMOs) are not perfect, but they have done some good things."

He believes that only the patient have to have rights. Some of these problems are best handled on the state level rather than the federal level."

Froncheck came away with \$20,000 after her July 24 appearance on the show.

"I'm still stunned and surprised that this just happened," she said.

One of the questions she was asked during the show which enabled her to go on against several competitors was, "What is the highest-rated television show in Chicago that is actually taped in Chicago?"

Froncheck accurately guessed Oprah Winfrey's syndicated talk show.

She does not plan to take time from work with her new success. She paid off her car and put some of the cash into a savings account.

"Eventually, I'll take it out and do more," she said.

Froncheck's appearance on the show was taped at WGN-TV in Chicago and was broadcast at various media outlets at different times.

Her decision paid off, and can be seen on WGN-TV at 6:30 p.m. Saturdays.



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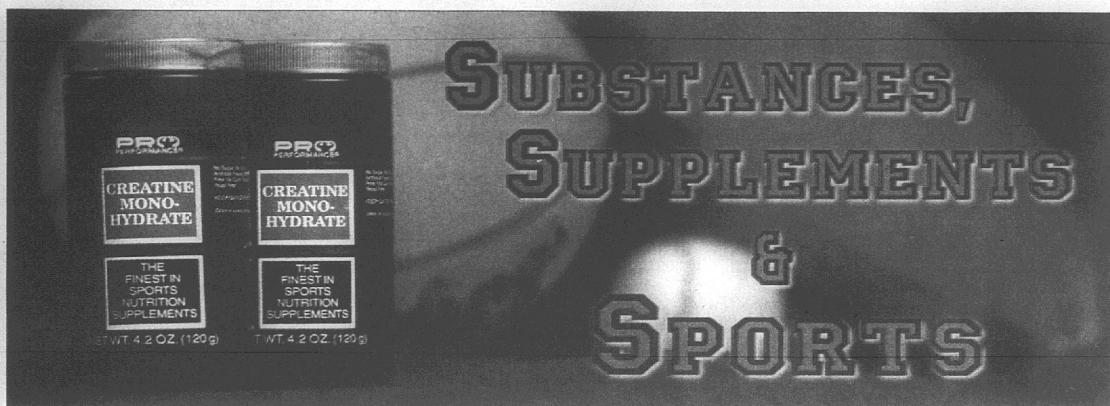
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T.L. Witt photo

## Post 199 earns bid to state

Edwardsville  
wins division  
tournament

By Louie Korac  
Staff writer

The Edwardsville American Legion team

didn't bother toying around with Harrisburg Post 167 in Saturday's final-round game of the Fifth Division Tournament in Carmi.

Edwardsville scored four runs in the opening inning en route to a 13-8 winning victory and won the division tournament, earning a berth in this week's state championship tournament.

Post 199, which had ripped through three games unscathed in the winners bracket Wednesday and Thursday, was able to take the final game while Harrisburg needed two more wins after battling through the losers bracket Post 167, which lost twice. Edwardsville in the tournament opener, was victorious in two must-win games Friday.

"We were tired," Harrisburg manager Paul McSpain said. "We were tired and (our) pitching staff was not in the best shape in the world."

Edwardsville took advantage of that fact early. Matt Bogle hit a three-run home run to highlight the first inning.

Post 199 added a run in the third, two in the fifth, one in the sixth and five in the eighth.

In the ninth, Edwardsville pitcher Jake Schuette pitched all eight innings to improve to 7-1. He allowed nine runs while striking none and surrendered three runs.

He struck out four.

Edwardsville (30-8), the defending state champion of American Legion baseball, plays in the state tournament today at Northwestern University in Evanston. Post 199 is scheduled to play a Fourth Division champion at 12:30 p.m.

Bogle led the team with a 2-for-5 performance, including a double and four runs batted in. Nick Seibert was 5 for 5 for the second straight game. He scored five runs, including two solo home runs.

Schuette used his slider effectively in the small park to keep the offense from racking up as much offense as it did in the first meeting. "This is definitely a small ballpark and the wind's coming from the west and everything," Schuette said. "The defense was just awesome today. They were making some great plays. It worked out with all the ground balls we get and we got a lot of offensive support."

Schuette was able to move the ball in and out of the strike zone, mixing up the slider and fastball. They were off-balance hitting some ground balls in the infield just set up. "It was nice."

Post 199 supported Schuette with 13 hits, including three home runs to bring its four-game total to 16 at Eckler Field, which measured 258 feet down the foul lines and 330 to the center field fence.

Harrisburg starter Adam Anderson was on the wrong end of most of Edwardsville's attack, yielding seven home runs (seven earned) on 10 hits in two walks. Cameron Jones absorbed the five-run eighth. Edwardsville racked up 7 hits and 69 runs in the four wins and extended its win streak to 10 games.

The next step is state. "One step at a time," Edwardsville manager Ken Schaeke said.

## Coaches in quandary about creatine, andro

By Toby Carrig  
Staff writer

High school coaches would love to field teams stocked with big, strong, fast athletes season after season.

But Metro East coaches seem to be in agreement that athletes shouldn't take shortcuts to get bigger, stronger and faster.

Substances that help athletes build stronger muscles are not a new phenomena — the Illinois High School Association has had a policy against steroids for several years.

But supplements used by successful professional athletes have gained in popularity with in the past year. Creatine monohydrate and anabolic diione are legal, easily available and happened to be in the clubhouse locker belonging to St. Louis Cardinals first base-

man Mark McGwire during his record-setting season of 1998.

The diet supplements have put local coaches in a bind as to how to counsel their athletes. No longer able to rely on the simple right/wrong ethical decision of illegal substances, coaches, parents and athletes find themselves in a gray area.

"We tell high school kids to stay away from any type of drugs," Belleville West coach Dennis Shep said. "So where do you draw the line? That's what I'm struggling with now."

"We are going around and around about creatine," Collinsville wrestling coach Allen Hickey said. "I am a strong advocate of the idea that there is no magic wand or pill that will get the job done for you. Hard work is the key.

The reporting staff of the Journal Newspapers of Southern Illinois examined several sides of the issue of Substances, Supplements & Sports. Among the stories in the package:

Caryle High School is one of the few schools in Illinois that has a random drug testing program for its students-athletes. The IHSA has issued the National Federation's statement about food supplements.

A Collinsville High school athlete talks about his experience with creatine.

I'm more of an old-fashioned guy. It may take a little longer, but it is safer and healthier to just do the work. I don't think there are any safe shortcuts.

read that is in favor of creatine, there is one that says to beware. Is it worth gambling your life over? I don't think so."

While coaches are wary about the supplements, they also respect the decisions of informed athletes and parents.

"Creatine is all over the media," said Ed Ogden, athletic director and football coach at Alton High School. "According to coach Bill Matzen, 'Just go into any (health food) store and it disappears off the shelves.' I'm sure creatine and the diet supplements work for

some people, but it's just as much the mental aspect," Matzen said. "If you think I'm doing something to make myself better, you'll push yourself more."

"But there are no miracle pills," Matzen said.

On that point, most Metro East coaches seemed to agree. Informed about the effects of andro and creatine on their bodies, most coaches prefer their athletes be safe rather than sorry.

"I come from the old school," Althoff athletic director Glenn Shott said. "We all have a body that God gave us, and we should exercise to the best of our ability without putting any kind of potentially dangerous substances in it."

Said Hickman: "Basically, they

See IHSA, Page 2B

## IHSA supports National Federation statement

By Toby Carrig  
Staff writer

Athletic directors and coaches have a difficult task keeping tabs on their athletes' use of substances and supplements, but the problem is even bigger for the Illinois High School Association.

The IHSA, the governing body for high school sports, has issued a state policy for its member schools to follow in regards to a wide variety of issues — including the use of illegal and/or

performance-enhancing substances.

The use of creatine and andro, two legal diet supplements available at health stores and retail chains, has not been addressed.

"That is one of the issues I'm sure our sports medicine committee will be looking at and considering," said IHSA assistant executive director Mark Hickman. "The National Federation has released a position statement, and we're supportive of that. We haven't crafted a specific statement of our own."

The IHSA sent copies to its member schools of the statement released last August by the National Federation of High Schools Association.

That statement said school personnel should not dispense medication or food supplements "except with extreme caution" and that school policies developed in consultation with parents, health-care professionals and senior administrative personnel of the school or school district.

The statement goes on to recommend use in accordance to manufacturers'

directions.

It continues: "In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes."

Said Hickman: "Basically, they

## Olympic weightlifter Crass advises against supplements for teen athletes

Conditioning specialist wary of 'fitness in a bottle'

By Scott Marion  
Staff writer

Loren Crass believes there is a time and a place for diet supplements such as androstenedione and creatine.

With rare exceptions, though, he doesn't think those products should be used by high school athletes.

"What are you teaching high school kids when they work out for a week, then tell them to take creatine and andro?" said Crass, a former Olympic weightlifter and owner of MECCAH (Metro East Center for Conditioning and Health) in Belleville. "It's a concern in a booth, and that's already a problem in America. People say 'I have a problem, give me a pill.'

"We do sell those types of substances here to athletes who are interested in it. I figure if people are going to take the stuff, at least I can counsel them to take it in a reasonable manner. That's what it's in a case and not sitting out for people to grab."

Crass, who competed in the 1984 and 1988 Olympics, has experienced the highs and lows of athletic competition on a world-class level. His first Olympics came to an abrupt end as he ruptured a ligament in his right knee and a ligament in his elbow when he attempted a lift. An eight-month rehabilitation program enabled Crass to qualify for the '88 Olympics, where he placed ninth.

Crass had his best overall season in 1991 and nearly qualified for the 1992 Olympics, but his reconstructed bow, which would require a fourth surgery, began to weaken just before the games.

After working in several jobs, Crass

eventually went back to school, obtaining a master's degree in physical therapy from Washington University in St. Louis.

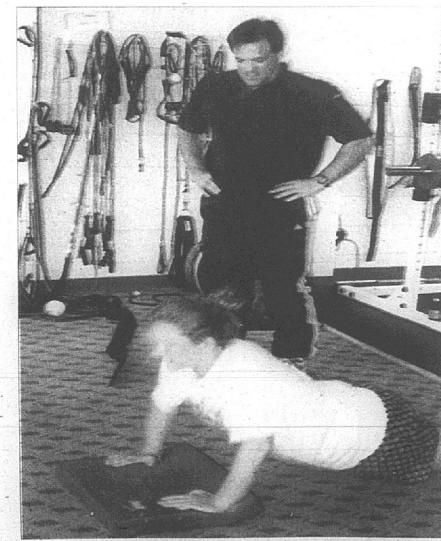
Now, Crass, who specializes in personal training and physical therapy, has been open for a year and a half.

Crass, a physical therapist and a certified strength and conditioning specialist, is assisted by Jim Terry and Tracy Fober, who have similar credentials.

"The main reason people use supplements of any kind is to increase their performance, and products like creatine and andro are certainly very popular right now," Crass said. "There is literature on how it works or doesn't work, but for a lot of pre-adolescent and adolescent kids, there's so much you can do to increase performance that has nothing to do with supplements."

We work with kids from age 8 up, with conditioning programs that are sport-specific or general if they're in a lot of sports. Some kids aren't big enough to make a meal be placed on their plate, so we tell them to eat four or five meals a day plus additional snacks. Meals should be well-rounded — not junk food — with 60 to 70 percent carbohydrates, 15 to 20 percent protein, and 15 to 20 percent fat. You don't replenish your carbohydrates after a game or a practice, you're not going to recover.

"We also tell them to get eight to 10 hours of sleep a day and we get them in a progressive conditioning and strength-training program. If they're not doing that, they don't have any business looking at improving their



Derek Crass, the owner of MECCAH in Belleville, believes teenage athletes should supplement their workout regimens by eating healthy and getting adequate rest.

See CRASS, Page 2B

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## Sports

# Creatine's impact is minimal, athlete says

By Brian Bretsch  
Staff writer

While creatine is intended as a product to help athletes build muscle strength, it also can provide a psychological boost.

Collinsville High School athlete Brandon Murphy began taking a creatine product in the spring of 1998 to assist in his attempt to bulk up for the 1998-99 club hockey season. The supplement helped him put on weight immediately but had little effect after the first month.

"The first month it lived up to what I thought it was going to be," Murphy said. "I thought I was going to build up a lot, but then after that just didn't feel anything. I thought it was kind of pointless to take it, but I kept taking it, thinking it was going to help out."

Murphy, who has been a self-taught creatine user until the beginning of his junior year and sporadically after that until he ran out, has not taken it in more than nine months.

Murphy said he believed he needed to gain weight and strength for his junior season with the Collinsville ice hockey club, which plays in the Mississippi Valley Club Hockey Association and is not an IHSA sanctioned sport.

He discussed the matter with his parents before using creatine to help in his weightlifting.

"I could tell it helped out, but once it got over that stage, I really didn't do much," Murphy said. "I was weighing like 135. When I was lifting weights, it put muscles on real quick and held it. It kind of became extreme. I ended up weighing 145 or somewhere around there after taking the stuff. But once I reached 145, it really didn't add anything else."

Murphy said he was careful about following the instructions.

"You start out taking it every day, three or four times a day for a week straight until you get used to it," he said.

"After that, you take it once a day, maybe twice a day, just using it every day. If I was tired, my recovery built up rather quick. The recovery time was real fast."

After 30 days of taking creatine, Murphy began to get frustrated with the supplement because he did not see or feel any noticeable changes in weight or strength.

Murphy said he did not suffer any side effects while taking creatine or when he stopped.

However, he admitted to feeling a surge of energy before he began his lifting sessions, which he believes added to his confidence.

"I could tell a big difference when I was playing baseball and lifting weights," Murphy said. "I would have a big rush for about an hour or two then the rest of the day it wasn't that bad. I took it before a game, I could feel a big rush. It felt like I could do more or a little extra. If I was lifting weights, I could lift more. If I was playing baseball it felt like I could throw the ball farther, harder and swing the bat harder."

The idea of taking the supplement again as he prepares for his senior season with the Collinsville hockey club.

## Local girl honored in essay contest

The Suburban Journals, the St. Louis Cardinals and Edward Jones have teamed up to honor young people who invest in their futures to make their dreams come true.

Winners from an essay contest are being honored throughout the season at Busch Stadium.

On Aug. 1, the honoree was Kira Long from Granite City. Kira's heroes include Tara Lapinski, Mark McGwire and Dominique Meany, because they all had the goals to work hard and determination. Kira, who enjoys gymnastics and soccer as well as collecting rocks, dreams of becoming a zoookeeper. Her favorite subject at school is reading.

Continued from Page 1B

take the position that the long-term side effects are unknown."

The IHSA has addressed anabolic steroids in its Code of Conduct for longer than Hickmann has been with the IHSA, which is nine years. The IHSA has also recommended that local schools adopt a Code of Conduct to deal with substance issues.

Hickmann said the IHSA never has tested athletes at state championships for the use of anabolic steroids or other controlled substances.

"We back a statement for the local schools to teach the importance of not using those substances," Hickmann said.

Hickmann noted that those controlled substances are likely to be used less with the newfound popularity of

andro and creatine. "The older products are so accessible," he said. "They can be found at any health food store in any shopping mall."

He did not speculate whether the National Federation or the IHSA sports medicine committee will make a determination on andro, a substance banned by the International Olympic Committee.

"Our advisory committee will take a look at all those things," Hickmann said.

## Crass discourages supplements

Continued from Page 1B

recommendations," Crass said. "Andro is a precursor to hormones and it produces lots of side effects."

Anecdotal research of the benefits is inconclusive, but it does seem to help people gain weight.

"What I'm opposed to is people who haven't trained for eight or 10 years trying to do things the easy way. That eliminates most high school kids. Plus, if you train with hormones during the high growth years, it could affect the premature closing of the growth plates."

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# Carlyle High athletes must pass an extra test

School tests its student-athletes for drugs in random program

By Chris Waldvogel  
Staff writer

Athletes at Carlyle High School don't have it easy. In fact, they must take one more test than most.

## SUBSTANCES, SUPPLEMENTS & SPORTS

Carlyle implemented drug testing for its athletes four years ago.

"We feel our policy is

rehabilitative, not punitive," said Carlyle principal Kevin Meyer. "We try to coordinate the testing." Unfortunately, that's not always the message that gets sent.

Carlyle conducts random tests on behalf of its athletes. Students involved in other extracurricular activities are not tested.

"Some students may feel that it isn't fair, but our athletes tend to be leaders in the school and are held in high

regard," Meyer said. "We feel that if other students know the athletes are drug-free, maybe that will serve as an example."

Meyer said the program was implemented in behalf of the students.

"We want to get these kids help if they have a problem," he said. "That's the main reason behind the policy."

The test does not cover diet supplements such as creatine or andro. Meyer, like many officials in the area, knows these supplements fall into a gray area.

"We don't test for those kind of substances, but we do not promote them," he said.

"There is still a debate about

the effects of these substances. But we feel kids should stay away from them and build muscle in the weight room."

As for the cost of drug testing, a deterrent for many schools, Meyer said Carlyle pays about \$42.50 per test. That is \$10 less than the test cost when Carlyle began the program four years ago.

As to whether the test serves as a deterrent, Meyer is uncertain. But the number of positive tests are encouraging.

"Some students may feel that it isn't fair, but our athletes tend to be leaders in the school and are held in high regard."

**Kevin Meyer**  
Carlyle principal

"Our system has worked fairly well for us," Meyer said. "We have never had a positive test while I was at the school,

and we have had only one positive test in the four years since the program was implemented."

## GNC advises: Read the directions

By Toby Carrig  
Staff writer

The folks at GNC have some words of wisdom for people who bring andro or creatine home from the store: Read the label.

GNC, the nation's largest specialty retailer of vitamins and dietary supplements with 1,200 stores, has benefited from growth in the industry during the last 12 months.

Some of that growth is due to the sudden popularity of creatine and andro, two products that gained some attention during the 1998 Major League Baseball season.

"Vitamins and food supplements is a growing category," said Greg Miller, spokesman for the Pittsburgh-based company.

GNC noted a 14-percent increase in the use of those types of products in the last

year. Miller said anyone who buys the product should act responsibly.

"We do recommend that athletes and other people purchasing the product pay attention to the label," Miller said. "At GNC, we label our products very carefully."

Miller used an analogy. You might take one or two aspirins for some pain, but you would not take 20."

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## Society

## Trio Homemaking Club meets

The regular meeting of Trio Homemaking Club was held at St. John's United Methodist Church on June 1 with one guest and 19 members present.

President Sarah Huber called the meeting to order and gave the blessing. Juanita McCarty and Helen Miller served desserts, tea and coffee.

The lesson, low-fat herb

cooking, was given by Lucille Sackett and Sarah Huber. Nancy Chapman conducted the entertainment. Winning prizes were Lucille Sackett, Louise Anderson and Sarah Huber.

Trio Club will host the November meeting to be held with Creative Women.

Today's meeting of Madison County Trio will be held at Mount Vernon.

## Hemerocallis Society has Flower Show

The Southwestern Illinois Hemerocallis Society of Granite City held its fifth annual flower show on June 27 at the Alton Square Mall.

Exhibitors brought 218 flowers to be judged by American Hemerocallis Society certifying judges.

Winners of the AHS Purple Rosette, the award for best flower in its class, were:

Best large flower — "Gary Bee," submitted by Marion Shelton, Granite City.

Best small flower — "Siloam Ury Winniford," Mary Schildman, Granite City.

Best miniature flower — "Little Dandy," Pam Hurd, St. Louis.

Best double flower — "Double Misty Dawn," Pam Hurd, St. Louis.

Best spider flower — "Red Ribbons," Pam Hurd, St. Louis.

Best popularity poll specimen — "Strawberry Candy," Sandy Monroe, Alton.

Best youth specimen — "Irish Ell," Heath Hammers of Granite City.

The AHS Best of Show



Displaying '99 Flower Show awards are (from left): Janice Hammers (standing in for her grandson, Heath Hammers, who won the Youth Division), Mary Schildman, Pam Hurd, Marion Shelton and Sandy Monroe.

Rosette and Plaque was won by Pam Hurd for "Red

Ribbons."

Carol Lammie of Troy won the most blue ribbons (eight).

She was also the winner of this year's AHS Sweepstakes award.

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Guaranteed for 5 years!  
Limited Time

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\*Current Yield as of 6-22-99 if held 2 months, no withdrawal fees. A current yield of 6.25% is guaranteed for 5 years. \*Annual Percentage Yield (APY) offered by London Pacific & Annuity Co., Raleigh, NC AD-130

For More Information contact:  
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Register and make your first week's picks beginning 8 AM, Aug. 9th through 10AM, Sept. 12th.

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Select weekly picks.  
Play every week.

**Easy To Share In The Cash!**  
\$48,000 In Total Grand Prizes!  
Pick the most winning teams - Win \$20,000 or a GMC Jimmy!  
Fiddle in the middle (50/50) - Win \$5,000!  
Pick the most losing teams - Win \$10,000 or a new boat!  
Plus, \$13,000 in additional cash prizes!  
**\$102,000 In Total Weekly Prizes!**  
Win \$6,000 in cash per week!  
Pick the most winning teams - Win \$3,500!  
Pick the most losing teams - Win \$2,500!  
**FREE Coupon Book With Registration!**  
17 weeks of gaming offers & chances to win trips to Las Vegas each month!

\*Play for weekly prizes or play all 17 weeks to be eligible for grand prizes. Enter at the Promotions Booth. All promotions are subject to change. Promotions Booth. Must be 21 or older. Management reserves all rights.

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I-70 at the Missouri River, just 10 minutes west of the airport. For information, directions or group packages, call 636-949-7777 or 1-800-325-7777  
www.schartersstation.com Must be 21 or older to enter the Casino. ©1999 Station Casino St. Charles, St. Charles, MO. Station Casinos company.

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**\$175 A MONTH**  
OCAC CALL FOR DETAILS  
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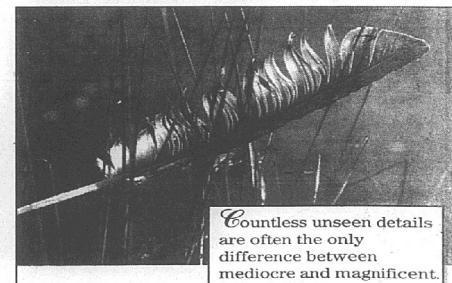
13 is your lucky number!

**13 Month C.D.**  
Minimum Deposit \$1,000 Rate 5.50% A.P.Y. 5.61%

Annual Percentage Yield as of July 2, 1999. Rate subject without notice. Substantial penalty for early withdrawal. Interest compounded quarterly.

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Countless unseen details are often the only difference between mediocre and magnificent.

The Care Center of Eden Village has been dedicated to caring for Alzheimer's patients for over a decade. We share your concerns for a safe, secure, yet nurturing environment. That's why we designed our new Alzheimer's Unit to combine security with the freedom, accessibility and programming necessary for residents to achieve and retain their independence and individuality. And, our Alzheimer's Support Group helps family members understand and cope with the effects of the disease.



**The Alzheimer's Unit of Eden Village**

400 S. Station Road, Glen Carbon 288-5014

The Alzheimer's Unit of Eden Village is a division of Eden Village, a not-for-profit organization affiliated with Eden United Church of Christ. Eden Village also provides Apartments & Duplex Homes for active and independent seniors.



March 21-April 19  
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## Community News

August 4, 1999—Granite City Journal—Page 7B

## Organizations

### Weekly

EAGLE PARK ACRE SENIORS OF MADISON meet from 10 a.m. to noon Thursday at 100 Hill St., Eagle Park Acres, Madison.

GRANITE CITY COMMUNITY BAND rehearsals are 7:30 to 9 p.m. Thursday at St. John United Church of Christ, 2901 Nameoki Road, Granite City. For information, call 931-0443.

JOLLY QUILTERS meet from 9 a.m. to 2 p.m. Thursday at the Social Center, 906 Thornegate Drive in Mitchell.

MADISON COMMUNITY ACTION GROUP meets at 7 p.m. Wednesday. For more information call Diane at 452-2339 or Diane at 452-1360.

TOPS 2383 6:30 p.m. every Thursday at Anchorage Recreation Center, 2909 Edwards Street. For more information call Bobbie at 452-0273.

### Bi-monthly

TRIPLE LODGE 835 A.F. and A.M. meets at 7 p.m. Wednesday at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

### MEDICAL MALPRACTICE

- Birth Injuries • Surgical Errors
- Medication Mistakes
- Unexplained Death

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Gerald Montroy  
Attorney At Law

### Miscellaneous

THE MIDWESTERN UNITED STATES IMPERIAL DANCE CLUB has regular dance meetings twice each month starting at 6 p.m. at the American Legion Hall in Granite City. Cost is \$10.00 per person for dance lessons and open dancing at a cost of \$4.00 for non-members and \$2.00 for members. For more information, call 463-2405.

THE SINGLES CONNECTION has scheduled the following activities:

Wednesday — Meet at Pizza World on Johnson Road in Granite City at 6:30 p.m. Call Ben at 254-1656 for information.

URBAN LEAGUE of Madison County offers the following programs at the U.S. Health Care Services, 5001 Johnson Avenue, Madison. For more information, call 452-8394.

Family planning services from 9 a.m. to 4:30 p.m. every Thursday.

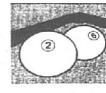
Screening and treatment for sexually transmitted diseases from 9 a.m. to 4:30 p.m. every Wednesday.

### BREWSKEEZ SPORTS CLUB "FORMERLY SHOOTERS 270"



NOW OPEN WED. !!

7p.m.-2a.m.,  
Dollar Well Drinks



GREAT ENTERTAINMENT GREAT FUN

Forget the rest experience the best in  
night time entertainment!

THIS THURSDAY 18 & UP 21 TO DRINK

\$1.00 LONGNECK

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### Back To School ATHLETIC EVENT!



extra 20% off

Our Already Unbeatable Prices On The Entire Selection of:  
Nike • Fila • New Balance • Adidas  
plus

Don't pay \$100 For Similar Style!  
Nicole Women's Leather Sandals  
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## Support groups

### Weekly

AL-ANON meets at 7 p.m. every Thursday at St. Elizabeth Medical Center, 2100 Madison Ave., in the Kettler Center Day Care room C. Call 463-2429 for more information.

AL-ANON ADULT CHILDREN meets at 7 p.m. Wednesday at St. Elizabeth Medical Center, 2100 Madison Ave., in the Kettler Center Conference Room. Call 463-2429 for more information.

ALCOHOLICS ANONYMOUS meets at 7 p.m. Thursday at 2116 Club, 2116 Edison, Granite City. Call (800) 307-6600 for more information.

ALCOHOLICS ANONYMOUS meets at 8 p.m. Thursday at Michael Presbyterian Church, East side of River Road and Greenwich Drive, Gaff (800) 307-6600 for more information.

ALCOHOLICS ANONYMOUS meets at 8 p.m. Saturday at 2116 Club, 2116 Edison, Granite City. Call (800) 307-6600 for more information.

ALZHEIMER'S SUPPORT GROUP at Eden Village Nursing Home in Edwardsville meets at 7 p.m. Thursday.

There is no fee or reservations required.

CATHOLIC CHARITIES offers individual, marriage and family counseling.

Thursdays at Old Lord's Lutheran Church, 150 Wilma Drive, Collins-

ville. To schedule an appointment, call 344-8049.

DEPRESSIVE MANIC DEPRESSIVE ASSOCIATION OF MADISON COUNTY meets at 7 p.m. Tuesday at St. Elizabeth Medical Center in the Miloski Room located in the basement. For more information call the DMDC office at (314) 770-5901.

PARENTS' ANONYMOUS GROUP meets at 5:30 p.m. Thursday. For information on meeting site, call Elaine Searcy at 462-2714 or Lyle Cubberley at 876-2362.

RIVERS OF WATER WORSHIP CENTER SUPPORT GROUP meets at 9:30 a.m. Saturday at 2107 Madison Avenue in Madison to comfort and restore. Group membership is open to all who are "broken" — at no charge.

Worship service follows each third Saturday at 11:30 a.m. For more information, call 341-3643 or 656-7831.

Pascal Hall in St. Elizabeth Medical Center. Call 798-3604 for more information.

### Bi-monthly

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### Miscellaneous

ALTERNATIVE COUNSELING offers a supportive and educational group to the woman whose husband or romantic partner has sexually abused her child.

For more information, contact Donya L. Adkerson, M.A. at 656-5104.

NARCOTICS ANONYMOUS meets in the area at the following times and locations:

✓ Thursday — Building a Foundation starts at 8 p.m. at SEMC in Edwardsville.

✓ Friday — Friday Night Group meets at 7 p.m. at SEMC, Kettler Center A.

✓ Saturday — Acceptance starts at 8 p.m. in Pascal Hall at SEMC

## Eddie's Bar & Grill

### BANDS

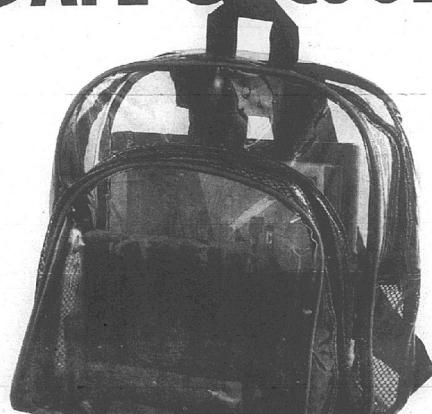
### AUGUST SPECIALS

Mon	Chicken Ceaser Salad.....	\$4.00
Tues	Deli Sub w/pasta Salad.....	\$4.50
Wed	.20¢ Shrimp .50¢ Hamburger	.75¢
Thurs	Mega Taco.....	.75¢
Fri	Fish.....	
Sat	Beef-K-Bob w/slaw.....	\$2.00
Sun	Pizza & Pitcher Beer.....	\$8.00

6-7	6th/EVERSPINNING REEL
7th	POISON IVY
3-14	MIND SPIN
20-21	STEEL CITY
27-28	TURN PIKE CRUSIERS
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## BACK TO SCHOOL, SAFE & COOL!



To help increase safety at our schools, pick up a FREE transparent backpack at Customer Service when you present receipts totaling \$250 or more from mall merchants dated July 30 - August 15, 1999. This offer is good while supplies last. One backpack per family per day.

\* Specialty store receipts only.  
Department store receipts do not apply.

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FREE WITH PURCHASE!

# Now is time to watch out for tick-spread diseases

Summer is time for outdoor fun. And it's time to remind outdoor enthusiasts to take precautions against diseases caused by ticks.

At least 15 species of ticks are found in Illinois; the two most likely to be encountered here are the American dog tick (or wood tick) and the lone star tick.

Ticks live in and near wooded areas, tall grass and brush. If infected, they can spread various diseases, including ehrlichiosis, Lyme disease, Rocky Mountain spotted fever and tularemia. Ticks are much smaller than the head of a pin, become active and can spread disease any time of year when the temperature is 40 degrees or more at ground level. Peak months for tick-borne diseases are June, July and August.

Dr. John P. Lumpkin, state public health director, says the best way to protect yourself against tick-borne illnesses is to avoid tick bites. He suggested the following precautions:

Avoid areas known to be infested with ticks.

If in an area where ticks are found, check your clothing often for ticks climbing toward open skin. Wear white or light-colored long-sleeved shirts and long pants so ticks are easier to see.

Tuck long pants into your socks. Tape the area where pants and socks meet so ticks cannot climb under clothing. Wide-brimmed hats are the best. Wear boots or sturdy shoes and a head covering.

Those who are not able to

tolerate wearing long sleeves, long pants and socks in hot, muggy weather should apply insect repellent sparingly to exposed skin (except the face and hands of small children). Be sure to wash treated skin after coming indoors.

Use repellents containing permethrin,避蚊胺 (especial pants, socks and shoes) but not skin. Always follow label directions; do not mix or dilute repellents. Always supervise children in the use of repellents.

Walk in the center of trails so weeds do not brush against you.

Check yourself, children and other family members every two to three hours for ticks. Ticks rarely transmit disease until they have been attached for four or more hours.

If you let your pets outdoors, check them often for ticks, which also can transmit disease to them.

Check with your veterinarian about tick prevention. You can be at risk from ticks that hitch a ride on your pets but then attach to you.

Remove any tick promptly. Do not try to burn the tick with a match, cover it with petroleum jelly or nail polish. Do not use bare hands.

The best way to remove a tick is to grasp it with fine-point tweezers as close to the skin as possible and gently, but firmly, pull it straight out. Do not crush the tick's body. If tweezers are not available,

grasp the tick with a piece of tissue or cloth or whatever can be used as a barrier between your fingers and the tick. The mouthparts of a tick are shaped like tiny barbs and may remain embedded if not removed properly.

You may want to put the tick in a jar of rubbing alcohol labeled with the date and location of the bite in case you experience or have signs or symptoms of tick-borne disease and want to have the tick identified.

Wash the bite area and your hands thoroughly with soap and water, and apply an antiseptic to the bite site.

Make the property around your home less attractive to ticks. Keep your grass mowed and the weeds cut.

Intermittently several weeks, months or years later. Other complications — such as temporary paralysis of certain facial muscles, pain with numbness or loss of function of arm or leg, arthritis, meningitis and certain heart irregularities — also may occur after several weeks or months.

**ROCKY MOUNTAIN SPOTTED FEVER**

This is a potentially fatal disease but one that, if diagnosed early, can be successfully treated.

The most common carrier is the American dog tick.

Symptoms — sudden onset of fever, deep muscle pain, headache, conjunctival irritation — usually develop within three to 14 days after the bite of an infected tick.

The lone star tick, the American dog tick (or wood tick) and the deer tick can all be associated with this disease. The bitten host can cause two illnesses — human monocytic ehrlichiosis (HME) or human granulocytic ehrlichiosis (HGE).

The two illnesses are similar and can be so mild that no medical

care is necessary or so severe they can result in death.

Symptoms are generally nonspecific and other diagnoses may be considered.

Common complaints are fever, headache and muscle aches. Persons with ehrlichiosis also may experience loss of appetite, nausea and vomiting. Rash may occur but is not usually present.

In Illinois, there was one case of ehrlichiosis in 1994, four in 1995, four in 1996, none in 1997 and two in 1998.

**LYME DISEASE**

Although not many cases are reported in Illinois, nationally this is one of the fastest growing infectious diseases.

There were 24 cases in 1994, 18 in 1995, 16 in 1996, 13 in 1997 and 10 in 1998.

Lyme disease is transmitted by the bite of an infected deer tick. Lyme disease is not fatal, but it can be debilitating.

After the bite, a rash may be a rash that starts as a small bump, or papule, that appears at the site where the bacterium entered the skin.

The rash may be accompanied by other symptoms such as fatigue, chills and fever, headache, swollen lymph nodes, and joint and muscle pain.

Lyme disease is effectively treated with antibiotics. Even if not treated, symptoms may disappear, but can recur

intermittently several weeks, months or years later. Other complications — such as temporary paralysis of certain facial muscles, pain with numbness or loss of function of arm or leg, arthritis, meningitis and certain heart irregularities — also may occur after several weeks or months.

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rabbit), tularemia also can be spread by the bite of ticks and deerflies and by drinking contaminated water. While the disease occurs throughout the United States in all months of the year, incidence is higher for adults in early winter during rabbit hunting season and for children during the summer when ticks and deerflies are large, fly up to 1-inch long, that has a very painful bite and often leaves a drop of blood at the site of the bite.

The American dog and the lone star ticks are those most commonly involved in the transmission of tularemia. The first sign of infection is a fever, headache and eye irritation — usually develop within three to 14 days after the bite of an infected tick.

About three days after these symptoms appear, a "papule" (spotting rash) may develop, usually on the arms and legs and may include the palms of the hands, soles of the feet and mouth of the rectum.

There were 11 cases of Rocky Mountain spotted fever reported in Illinois in 1994, 10 in 1995, four in 1996, three in 1997 and one in 1998.

**TULAREMIA (rabbit fever)**

Most commonly transmitted by the blood or tissue of an infected animal (primarily

rabbits), tularemia also can be spread by the bite of ticks and deerflies and by drinking contaminated water. While the disease occurs throughout the United States in all months of the year, incidence is higher for adults in early winter during rabbit hunting season and for children during the summer when ticks and deerflies are large, fly up to 1-inch long, that has a very painful bite and often leaves a drop of blood at the site of the bite.

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Most commonly transmitted by the blood or tissue of an infected animal (primarily

rabbits), tularemia also can be spread by the bite of ticks and deerflies and by drinking contaminated water. While the disease occurs throughout the United States in all months of the year, incidence is higher for adults in early winter during rabbit hunting season and for children during the summer when ticks and deerflies are large, fly up to 1-inch long, that has a very painful bite and often leaves a drop of blood at the site of the bite.

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# Kiel Opera House boosters seek reopening of facility

By Glen Sparks  
Staff writer

As he stands in front of the shuttered Kiel Opera House on a cool winter morning, Ed Golterman speaks of his dreams of a true believer.

"This could be a true civic arts center," Golterman said. "This is our Kennedy Center."

At one time, of course, Kiel did host big stars and major events. The New York Metropolitan Opera made it a regular stop until the mid-1960s.

In 1992, the Kiel Opera House closed. Now, dust collects on seats. The curtains and most furniture and decorations were removed long ago.

Once, Golterman heard that a Zamboni machine had the big, hunkering down that cleans old ice off hockey rinks rested on center stage. "That wasn't too swift," Golterman said.

In June, about a dozen volunteers collected 3,600

Kiel needs cleaning up, systems repair and improvements to make it handicapped accessible.

"The building itself is in excellent shape," Golterman said.

Francis G. Slay, president of the St. Louis Board of Aldermen, took a recent tour of the Kiel and supports its proposed reopening.

"I thought, we need to save this palace," Slay said. "It's a real gem."

Eleven months ago, Golterman organized Kiel For the Performing Arts, Inc., which has 14 board members and 300 volunteers. The goal is to secure funds from the city and raise private funds to restore the theater. Clark Enterprises, which operates Kiel Center, now has the lease.

Golterman is most enthusiastic about getting a vision for using this space,

Golterman heard that a Zamboni machine had the big, hunkering down that cleans old ice off hockey rinks rested on center stage. "That wasn't too swift," Golterman said.

signatures from people who want to see the Kiel Opera House reopened.

"They're asking, 'Why isn't this open?'" Golterman said. "How can I help?"

Golterman has family ties to the Kiel. His grandfather, Guy Golterman, helped pass the bond issue to secure funding for the opera house's construction in 1932-33. As opera impresario, Guy Golterman brought great opera and musical acts to St. Louis.

Ed Golterman's senior class at St. Louis University High School held its graduation exercises at the Kiel Opera House. Later, many performers there, including the famed Rat Pack, which included Frank Sinatra, Dean Martin, Sammy Davis Jr.

"We just found out that Golterman wants to reopen the Kiel Opera House. He cites practical reasons, too.

A successful theater is a great way to revitalize

downtown areas, he said. Golterman points to the Allen Theatre in Cleveland and the Detroit Opera House.

"These are doing good business," Golterman insisted. "I'm totally convinced this is the catalyst for downtown revitalization."

St. Louis has one major year-round theater, the Fox. Chicago has 13; the District of Columbia, eight. Minnesota has Paul, six; and Cleveland, five—all in downtown areas, he said.

An estimated cost of \$24 million to refurbish the Kiel, St. Louis' new bargain at Tudor and Clark streets, Golterman said.

Chicago just spent \$100 million to renovate its opera house. Seattle opened a \$121 million opera house. Philadelphia is building a performing arts center for a whopping \$46 million.

And none of these are six-venue theaters," Golterman said.

Restaurants and all the other downtown attractions should benefit if Kiel Opera House is reopened, Golterman said.

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D.C.-based Smithsonian Institution

Institution Now, an organization of civic and business leaders, probably will recommend a reuse plan this fall, Engelhardt said.

"It's been considered

an integral part of Downtown revitalization," Engelhardt said.

Golterman finds the idea of turning the opera house into a museum a bit appalling and said "To say you can't do music in a venue as fine as this is like saying you can't play baseball in Bush."

If the Kiel Opera House can reopen and the bright lights again shine on the main stage, St. Louis would be the better, Golterman said.

"If St. Louis wants to be a small town, we'll keep the Kiel closed. It's ours to have. It's a provincialism that has to change. Reopening this building is a must."

## St. Louis city begins giving parking-ticket scofflaws 'the boot'

By Heather Cole  
Staff writer

The first day of putting immobilization boots on cars in St. Louis netted four offenders who have racked up a total of \$1,500 in delinquent parking tickets.

The boots, which are placed on one wheel of a car, take only half a minute to install, and St. Louis' Office of Administration and Support for the city's parking division. A team of two puts a boot on the car to immobilize it until tow trucks arrive.

City officials started using the boots Monday on cars belonging to drivers who have at least four unpaid parking tickets. Three of the offenders were found downtown within the first 40 minutes of the program. One offender had 11 outstanding tickets, another had nine, and two had four.

A fourth car was parked illegally on St. Charles Street near 14th Street, had more than \$800 in fines, Baker said. Drivers of the four cars had 43 tickets each.

A city team searches for

cars in which the license plate numbers match those on a 6-inch thick list of multiple unpaid parking tickets, Baker said. Without the use of the boots, a driver might have to wait to return and receive a tow ticket, he added, said Ed Maynor Clarence Harmon.

A news red notice posted on the city's Web site tells violators what they have to do to get the boot removed from their car. They will first have to pay their fine and court costs at the city's Traffic Violations Bureau, 1421 Olive St., then go to the St. Louis Metropolitan Police Department, 1200 Clark St., to obtain a release, and finally go to their city tow truck service.

The fees from the boot and the towing cost a driver at least \$150, Baker said.

Attempting to remove the boots or drive with them will damage a car, Baker said. In addition, anyone who tries to remove one of the four \$300 boots could get up to 90 days in jail and a \$500 fine. Thirty

A St. Louis city parking division team searches for cars in which the license plate numbers match those on a 6-inch thick list of multiple unpaid parking tickets. Those with as little as four unpaid tickets are on the list. Once a car on the list is spotted, the two-person team places a "Denver boot" on the car, immobilizing it until the vehicle in question can be placed on a tow truck. Those with immobilized cars must pay up all outstanding tickets, plus a \$150 towing and boot fee, before the car can be released.

The entire process of paying tickets, getting the car cleared and released from the tow lot can take some two hours, according to city officials. The program follows a month-long amnesty program offered by the city in May to allow those with multiple tickets to clear the backlog following television reports of revenue being lost because of unpaid tickets. The amnesty program helped clear some \$1 million from the rolls of delinquent parking tickets.

of the boots were delivered from the Denver-based Rhino Co. late last week, Baker said. Baker said he expects the city will have a total of 200 boots and four teams of two people each searching for cars owned by delinquent parking ticket violators. Currently, the city has one such team.

The program is in response to the nearly \$8 million in unpaid parking fees owed the city, Baker said.

"We're not trying to be mean," Baker said. "I'd rather not have my guys putting boots on. I'd rather have them collecting from parking meters, but sometimes you have to make a drastic decision."

Even so, Baker said he anticipates the city will collect only 20 to 30 percent of the fines.

The city collected about \$1 million in outstanding fines during an amnesty program in May, Davis said. During that period, violators who came to

pay outstanding parking tickets did not have to pay any additional late fines.

An offender whose car was towed and who paid only \$7 each for her 11 tickets if she had come to pay them in May, Davis said. Instead, she will have to pay late fees and the cost of the boot.

"She could've gotten off the hook for \$110," Davis said. "Now she'll have to pay close to \$700."

Those whose cars the city's traffic division doesn't find still won't be safe, Davis said.

A bill passed by the Missouri General Assembly this year includes a provision which allows the city to charge parking fines and property taxes. That program will start next year, Davis said.

"When you go to get your parking tags, if you're one of the people with a fine, you can't get a tag until it's paid. That's where I think a lot of fines will be cleared."

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97 REGL CUSTOM, LTD. loaded,  
with leather, vortec, vortec  
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95 RIVIERA, great shape,  
vortec, vortec, vortec  
\$1,995.00

98 RIVIERA, new tires, ultra  
wheel, vortec, vortec, vortec  
\$1,995.00

97 RIVIERA, great shape,  
vortec, vortec, vortec  
\$1,995.00

98 RIVIERA, great shape,  
vortec, vortec, vortec  
\$1,995.00

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## News

# Park District sponsoring trip

The Granite City Park District will sponsor a four-day/three-night trip to the Columbus, Ohio area Monday, Sept. 13 through Friday, Sept. 17. The group will stay at the Holiday Inn East in Columbus and travel to the various points of interest from there. The trip will be one of the most visited of those sponsored by the Park District in that visits will be made to places to please everyone. The second day of the tour will include stops at the Anthony Whistle Corporation, the only manufacturer of metal whistles in the world; the Anthony Candy Factory; Kremm Nuts, Inc., the country's oldest peanut butter manufacturer still in existence; Topiary Gardens, where they create an entire park out of trees; and lunch at famous Schmidt's Restaurant in Historic German Village. The menu will consist of everything from German brats to the world-famous cream puffs.

Day three will begin with a

short drive to the world's largest basket manufacturer — Longaberger. A tour will be made of the manufacturing complex, a reprieval of the mezzanine-quarter mile look of the entire weaving process and the "Just For Fun Shop" where one can purchase a Dutch-style basket. Following the tour at Longaberger, a guided tour will be given of the quaint village of Dresden.

The remainder of the day includes a city tour of the Zanesville/Cambridge area with a stop at an Ohio Pottery Outlet Store where a demonstration of making the dishes and pottery-ware will be given and purchases may be made of various items, along with many "second hand" cast-off items. The group will visit "The Wilds," a 14-square-mile reclaimed surface mined land where wildlife from around the world roam in open range. This includes motorcoach, lodging, tours and six meals.

For more information call Sue Champion at her residence or the Wilson Park Office.

## Births

**Dylan Biewald**

THOMAS AND ELIZABETH BIEWALD have announced the birth of their first child, a son.

Dylan Thomas Biewald was born at 2:54 a.m. July 6, 1999, at St. Elizabeth Medical Center in Granite City. He weighed 10 pounds, 2 ounces.

His maternal grandparents are Don and Lois Adam of Granite City. Paternal grandparents are Les and Linda Swanson of Evanston.

Angelica Wood  
CLARA D. WOOD has announced

the birth of her daughter.

Angelica Maria Wood was born at 11:20 a.m. July 6, 1999, at St. Elizabeth Medical Center in Granite City. She weighed 6 pounds, 6 ounces, and joins Anna, Lisa, and Zachary.

Her maternal grandmother is Alberta Mascioli of Granite City.

## DEPRESSION

Clinical Research Associates of Edwardsville needs volunteers ages 18 and over with depression to participate in research studies comparing investigational drugs with available antidepressant medication and placebo. If you or someone you know has depression and would like to be considered for a study please give us a call. Symptoms include:

- SADNESS CRYING SPELLS
- APPETITE OR WEIGHT CHANGE
- LOSS OF INTEREST, IRRITABILITY
- FATIGUE, SLEEP DISTURBANCE
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Suitable volunteer will receive a physical exam, lab tests and regular visits with a psychiatrist free of charge. Call Mary 618-659-0292, 9:30 a.m. - 4:00 p.m. Monday - Friday.

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D-7 Chicken with Broccoli  
D-8 Chicken with Vegetables  
D-9 Chicken with Lemon Sauce  
D-10 "Human Chicken"  
D-11 Moo Goo Gai Pan  
D-12 Sweet and Sour Chicken

D-13 Sweet and Sour Pork  
D-14 "Hot Braised Chicken  
D-15 "Hot Braised Pork  
D-16 Special Combo Fried Rice  
D-17 Fried Rice of Your Choice  
(Ham, Pork, Beef, Chicken, Shrimp)

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# Today's Food

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**Micro Raves**  
Tomatoes take kindly to squash  
See Page 2



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For variety, Mexican Chopped Salad gets zing from jalapeno, crunch from jicama and lettuce and smoothness from avocado.

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Potatoes and pasta are two extras that fulfill an urge for fill-'em-up ingredients in salad. Perfect Pasta Salad Toss, above, has Italian accents. Green beans complement tomatoes in Easy-Does-It Potato Salad.

## Supporting dishes give tasty meal long-term appeal

By Janice Denham  
Staff writer

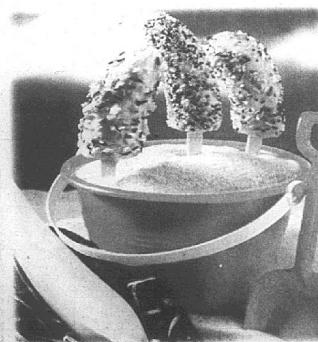
Wearisome summer heat takes wise preparation and a cool head and kitchen. The fewer dishes to prepare, the better. The quicker the dish gets to the table, the more inviting. The cooler the results, the more attractive.

For a person whose repertoire of main dishes is limited, there is a life to behold in companion dishes that come to the table along with hamburgers, hot dogs and fish sticks.

Pasta, potatoes and rice are prime candidates. So are fruits and vegetables. In fact, they are desirable. Combining them in a single cool dish is what the cooking doctor ordered.

Side dishes glorify a meal. Cool salad, in particular, is filling, colorful and can be good for a body. Add protein, such as beans, meat, fish or cheese, and makes it hearty, so hearty that it

See SIDE EFFECTS,  
Inside TODAY'S FOOD Page 2



## Banana Tot Pops

- Cut each of 3 firm, medium-sized bananas crosswise in half. Insert wooden stick in each half.
- Pour 1/2 cup raspberry or other fruity yogurt into a small bowl.
- Holding banana pop over the bowl, spoon yogurt to cover all sides of banana. Let excess yogurt drip into bowl.
- Hold banana over plate. Sprinkle chocolate or rainbow sprinkle candies over yogurt.
- Place pops on tray lined with waxed paper. Freeze 2 hours.

Kid's  
Cuisine

## Food Nutrition

### Wise Ways

Salsa gives hot punch to food, not the kitchen.  
INSIDE

### Hearty Bites

Soybeans entice cook into partnership in cool meals.  
INSIDE

### Blue Ribbon Cook

Fresh herbs enhance enjoyment of new potatoes.  
INSIDE

### Test Run

Put a sweet lid on pancakes or waffles with syrup in buttery cinnamon and fruit flavors.  
INSIDE

### Lively Taste

Serve appetizers that are cool and crisp. With the rules of leaving food out safely up to two hours holds at room temperature, the time in a hot environment should be cut to one hour and in extremely dangerous temperatures even more quickly, it should be given about 30 minutes before being replaced on a serving table. Stuffed bell peppers are particularly safe and hold on individual plates in the refrigerator. Combine 1 package (3 ounces) cream cheese, softened; 2 tablespoons crumbled bleu cheese; 1 tablespoon cream or milk, and 1/4 cup chopped sliced sliced beet or ham. Stuff into celery cut in sticks.

## Health & Fitness

### Medicine Chest

To avoid unwelcome guests, don't give ticks a ride home.  
INSIDE

### Fresh Picks

The glorious local peach season is not diminished but the sweet and juicy fruit will not last long on trees. They should be refrigerated soon after purchase. Michele Wurmund, fruit specialist with University Extension (University of Missouri system), says the amount of fruit produced on trees may be stepped up, but later varieties like Encore and Finale will extend the season into September. Local abundance means the aroma, size and juiciness are a bonus that can't be beat. She says to buy now variety, rather than ripeness. Peaches should be chosen by an "under color" of yellow or white instead of green.

Peaches can be very quickly in room condition, she says. A few can be left at room temperature for quick enjoyment, but the rest should be refrigerated. Water during its growth determines peach size, but not firmness. Add protein, such as beans, meat, fish or cheese, and makes it hearty, so hearty that it

immediately refresh it in cold water, then slip off the skins.

### Big Fat Tip

Serve a dipping sauce with bite-size nuggets of chicken or turkey, shrimp or meatless franks. In medium saucepan, simmer 1 (15 ounces) pizza sauce, 1/2 cup well-drained crushed pineapple, 1/2 cup packed brown sugar, 2 tablespoons vinegar and 1 tablespoon soy sauce 5 minutes. If heating in microwave oven, cook on high power 2 minutes, stirring once.

### Future Shop

Updating their research on using natural resources to prevent worms with E. coli, Kansas State University researchers reported at a meeting of the Institute of Food Technologists that adding ground cinnamon can help preserve the quality of apple juice. While they could not say exact amounts, they suggested that a little more than 1 teaspoon of cinnamon added to a 64-ounce bottle of apple juice could help prevent bacteria growth. Of course, there are added safety precautions, not permission to let a bottle stand on a counter all day.

## Today's Food

# Topping gets new flavor

Tasters of Mrs. Butterworth's syrup in buttery cinnamon and strawberry flavors characterized them as sweet with appeal particularly for young tastes.

"I think kids would really like it," a taster said.

The TEST RUN buttery cinnamon syrup, which looked like regular pancake syrup, attracted more adults. One taster thought it was less sweet than the regular.

"The buttery cinnamon syrup was mighty tasty, especially considering that I didn't put any butter on the toasted waffle itself," she said.

Another tester likened the flavor to waffles, rolls and other breakfast foods that come in cinnamon flavors.

"I love cinnamon, so this is a bonus for me. It seems like a more mature variation on the syrup theme than the way the berry syrup was flavored," she said.

They are easy to find among the syrups in traditional Mrs. Butterworth's plastic bottle with a reflective label. They are priced the same as the traditional syrup.

The strawberry syrup had more of a "cotton candy" appeal, a tester said.

Another said, "I liked the strawberry better. It has a nice, thick consistency, rich red color. But it tastes more like strawberry candy than syrup, not a real true strawberry flavor."

A taster said it was like the row of berry syrups offered at pancake houses when she was young.



Syrup is an American choice for topping pancakes and waffles. Now it comes in flavors, too.

You couldn't quite distinguish the strawberry from the blueberry, except in color. They were just mostly sweet," she said.

Price did not enter the equation of whether testers would buy it. One said she used syrup so infrequently that the 18-ounce size of the bottle meant it would last a long time.

"For once, the price would not scare me away from these products," was a similar opinion offered by a tester, who backs away from buying Test Run products that are priced too high for his budget.

However, he did not like the way the plastic bottle worked.

"The consistency of the

product was good," he said, "but when I'd go to use it, the syrup would squirt out really fast, missing the waffle and making a mess."

Another echoed the sentiment.

"It must have caused problems for other syrup lovers," he said, because one of the lids has a notch that says, "Squeeze me gently!"

One-fourth cup of either syrup has 220 calories, about 50 mg sodium and 55 g carbohydrate (40 g sugars). One tester was pleased the manufacturer did not add fat to get the butter flavor. Another would be more inclined to buy it if it came in a reduced-calorie version.

# Show elegance with dainty design crocheted on doily

A delicate, thread-crochet doily adds a touch of old-fashioned elegance to a room. There is no more appealing motif in thread-crochet doilies than the classic symbol of hospitality — the pineapple.

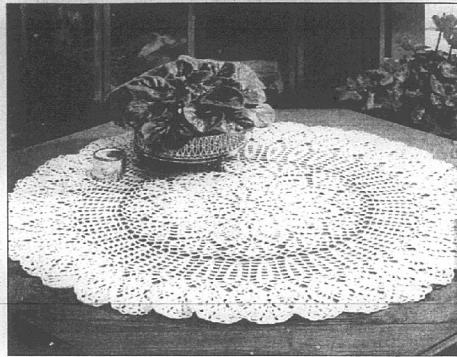
Now a little of that classic appeal can be added to the home decor with the help of a 60-page guidebook, "Ultimate Book of Pineapple Doilies."

The book features all the knowledge needed to get started on 16 lovely pineapple doilies, including step-by-step instructions, a guide to abbreviations and symbols, crochet hook and metric conversion charts and information on materials, determining gauges and blocking and laundering.

Large print and an easy-to-read format set the course through the entire process — from a ball of simple crochet thread and a crochet hook to a wonderful display of intricate stitch patterns.

For instance, the doily Triumph requires just four balls of bedspread-weight cotton and a size-5 steel crochet hook.

When done, it measures about 18 inches in diameter. Other designs include True Love, Timeless, Tradition and a dozen more.



The pineapple design displayed on a table signals guests will be shown hospitality.

days, add \$1 per item, up to \$3 maximum.

To order by mail, clip this article and send it with a check or money order to U-Bild Features, c/o Suburban Journals of Greater St. Louis, P.O. Box 2383, Van Nuys, Calif. 91409. To order by credit card, call toll-free 1-800-828-2453. U-Bild's web site is [www.u-bild.com](http://www.u-bild.com).

## Grilling

*Continued from page 1.*

can sneak its way into the focus of a light meal. To give more breadth to a meal, serve corn on the cob, a cluster of grapes or a wedge of melon.

The firm, smooth texture of new potatoes makes them ideal for salads and slicing. Favorite flavors — German, All-American, Tex-Mex or Italian — can be added to please everyone.

New potatoes are recently harvested with tender skins. They come in small red sizes, but also are available in other varieties.

To keep a kitchen cool, microwave 1 pound unpeeled potatoes with 1/4 cup water, partially covered, on high power about 5 minutes until tender. If

cooking conventionally, boil them in enough water to cover, 10 to 12 minutes.

When choosing new potatoes, they should be fairly clean and smooth. Evenly-sized tubers cook uniformly.

Avoid potatoes that are wrinkled or have wizened skins, soft dark areas, surface cuts or a green appearance.

For a fresh version of potato salad, toss cubed and cooked potato, cubed tomato, sliced red onion, and sliced and pitted ripe olives with a mixture of 1/4 cup red wine vinegar,

1/4 cup olive oil, 2 teaspoons fresh rosemary or oregano, 1 clove garlic, minced, plus salt and pepper to taste.

Salad is easy to toss. Greens, vegetables and fruit can be cleaned and cut for the produce or deli section of markets. Cheese is grated and flavored. Beans, corn and olives are canned. Meat comes roasted, grilled and cut up. Dressings vary by taste, fat and calories.

When the dish becomes routine, stuff salad in a tortilla, crumble crushed tortilla chips on top or sprinkle it over taco pizza.

## MEXICAN CHOPPED SALAD

- 6 cups sliced romaine lettuce leaves
- 1 1/2 cups (6 oz.) shredded cheddar and pepper Jack cheeses for salad
- 1 cup peeled, diced jicama
- 1 ripe avocado, peeled, seeded, diced
- 1 cup peeled tomato
- 1 cup canned black beans, rinsed, drained
- 1/2 cup frozen kernel corn, thawed (optional)
- 1/4 cup thinly sliced green onion
- 1/4 cup oil
- 2 tbsp. white wine vinegar
- 1 jalapeno pepper, minced
- 1/2 tsp. salt

In large bowl, combine lettuce, cheese, jicama, avocado, tomato, beans, corn and green onion.

In small bowl, combine oil, vinegar, jalapeno and salt. Mix well. Add to salad mixture. Toss well.

Note: One-third cup vinaigrette salad dressing can replace oil, vinegar and salt. Stir in jalapeno pepper and mix well.

Makes 8 servings.

## EASY-DOES-IT POTATO SALAD

- 1 1/2 lb. small red potatoes
- 2 cups whole green beans, fresh or frozen, trimmed
- 1 cup cherry tomatoes
- 1/2 cup fat-free, honey-Dijon salad dressing
- 2 to 2 1/2 tsp. salt-free, garlic (or onion) and herb seasoning
- 2 tbsp. lemon juice

In large pot of boiling water, cook potatoes 8 minutes. Add green beans. Cook 5 to 6 minutes longer until potatoes are done but still tender and beans are tender-crisp.

Drain and rinse potatoes and beans under cold running water.

Quarter potatoes. Combine with tomatoes, salad dressing, seasoning and lemon juice. Mix well. Refrigerate, covered, 2 to 3 hours to let flavors blend.

Makes 8 servings; 100 calories, no fat or cholesterol, 175 mg sodium, 20 g carbohydrate and 3 g protein each.

## Directory lists U-picks, Produce markets

Farmers' markets, roadside stands and pick-your-own operations bring wild berries and berries, tomatoes and turnips, greens, plus other fruits and vegetables that make summer ring with freshness.

University Extension (University of Missouri) system, Illinois Cooperative Extension and Suburban Journals of Greater St. Louis have compiled a directory with more than 70 of these sources in the metropolitan area, divided by counties in Missouri and

### Illinois.

To order the booklet, send \$2 for each booklet in a check made payable to University Outreach and Extension. Send it to: To Market, To Market, University Extension, 121 S. Meramec, Suite 501, Clayton, MO 63105.

## Tune up your summer meals with this perky, healthy salsa

By Carol Schlitt  
Correspondent

Salsa is a delicious way to heat up summer meals without heating up the kitchen.

**WISE WAYS** With just a few ingredients and a sharp knife, exciting combinations can be created that make meals sizzle.

Fortunately, all these salsa recipes are low in calories and high in vitamins A and C. In addition, they pack plenty of fiber and minerals. Each tastes best made and chilled a few hours before serving. Refrigerate any leftovers and use within 2 to 3 days. Most people are accus-

tomed to the bite of salsa made with tomatoes, so several of these will seem familiar. However, other familiar flavors accent the mixtures in new combinations.

Of course, each of them calls for jalapeno pepper, but mixtures will be less hot if Anaheim or another pepper midway between the two is used.

Whichever is chosen, always wear rubber gloves when seeding and chopping hot peppers. Never touch eyes or skin, so no burns are left from the pepper juice. Wash the cutting board and knife before removing gloves.

### COOL CUCUMBER TOMATO SALSA

Combine 2 cups seeded, diced tomato; 1 cucumber, peeled, seeded and cubed; 1/4 cup chopped green onions; 1/4 cup sliced green onion; 1 jalapeno pepper, seeded and chopped; 2 tablespoons Honey, and 2 tablespoons lime juice.

Serving idea: Try this with fish or as dip with tortilla chips.

Certified family and consumer scientist Carol Schlitt is educator of nutrition and wellness with University of Illinois Extension at the Edwardsville Extension Center.

### TROPICAL SALSA

Combine 6 tomatoes, seeded and diced; 1/2 ripe papaya, peeled, seeded and cut in chunks; 1 jalapeno pepper, seeded and chopped; 1 green onion, minced; 3 tablespoons chopped mint; 2 tablespoons lime juice, and 1/4 teaspoon salt.

Serving idea: Try with grilled seafood.

### PINEAPPLE SALSA

Combine 1 can (8 ounces) pineapple tidbits, drained; 1/2 cup diced red bell pepper; 1/2 cup diced green onions; 1 tablespoon minced cilantro; 1 jalapeno pepper, seeded and chopped, and 1 tablespoon grated lime zest.

Serving idea: Excellent choice with grilled chicken.

### PEACH SALSA

Combine 2 cups peaches, peeled and chopped; 1 medium tomato, finely chopped; 1/4 cup chopped green onions; 1 jalapeno pepper, seeded and chopped; 2 tablespoons Honey, and 2 tablespoons lime juice.

Serving idea: Especially good with pork.

## Today's Food

### Holiday souvenir should not be ticks

By Rebecca Coley  
Correspondent

In recent weeks several cases of a tick-borne disease called Ehrlichiosis have been recorded.

The first documentation of Ehrlichiosis in people in the U.S. was in 1986. Since then, about 1,200 cases have been reported to the Centers for Disease Control and Prevention.

It was thought only two forms were known to occur in people. However, the types of cases in recent reports previously were thought to occur only in dogs.

This has led to efforts to determine the true mode of transmission of the disease.

Ehrlichiosis is similar to Lyme disease. Both diseases are transmitted by ticks and exist primarily in New England and the upper Midwest. Four cases were reported in Missouri between 1986 and 1988. An already four more cases have been reported this year alone in Missouri, Tennessee and Oklahoma.

Common symptoms of Ehrlichiosis are headache, nausea, chills, fever, malaise and fatigue. Unlike Lyme dis-

ease, usually no rash appears. Antibiotic treatment should improve symptoms within 24 to 48 hours, but there is a dilemma. Because the symptoms are associated with many other illnesses, they do not always warrant immediate treatment with antibiotics.

*Rebecca Coley is a registered pharmacist in the state of Missouri. Questions can be e-mailed to her at [rcoley@htsmail.com](mailto:rcoley@htsmail.com) or sent to: Medicine Chest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.*

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### Garden Herb Potatoes wins for summer dish-

Sylvia Dunne, St. Louis County, is the winner of this week's recipe contest for Garden Herb Potatoes. The prize is dinner certificates from the Pasta House Co.

**Small**  
**BLUE RIBBON COOK**  
new red potatoes are an absolute match for summer meals cooked on the grill when they are cooked, then marinated quickly with fresh parsley, garlic, tarragon, onion and garlic in a dressing of olive oil, white wine and lemon juice.

She luckily picks the

#### GARDEN HERB POTATOES



potatoes, parsley and chives from her own garden plot so, she says, "it just tastes of summer."

Recipes in the Frozen Dessert and Drink Recipe Contest should be post-marked by Aug. 31 for an opportunity to win one of five Wednesdays in September. Share the recipe for any type of dessert or drink served from the freezer.

In addition to sending in a recipe, tell how you actually make it. Any story behind the recipe counts as part of the entry. Along with taste and eye appeal, it forms the basis for

selecting winners. Originality will be considered, although the recipe need not be original.

A single household can submit a single recipe. Send it to: Frozen Dessert and Drink Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131. It also can be e-mailed to [westnews@primary.net](mailto:westnews@primary.net).

If possible, name the recipe's source. Include the name of the Journal you receive.

Double-check directions and specific amounts, giving variations that individualize the recipe.

**oil**  
**1/4 cup white wine**  
**2 tbsp. lemon juice**  
**Salt and pepper to taste**

Combine potato, parsley, garlic, tarragon, oil, wine, lemon juice, salt and pepper. Let sit 15 to 30 minutes for flavors to blend. Best served at room temperature.

#### SWEET 'N' HOT PEACH SALSA

**1** can (32 oz.) sliced peaches, drained, coarsely diced  
**1** jar (7 oz.) roasted red pepper, drained, diced  
**1/2** cup orange juice  
**1** tbsp. lime juice  
**1** tbsp. molasses  
**1** tbsp. crushed red pepper flakes  
**Salt and pepper to taste**  
**4** tbsp. minced fresh parsley

In large bowl, stir together peaches, roasted pepper, orange juice, lime juice, molasses, red pepper, salt and pepper. Cover.

Serve within 1 hour at room temperature, or refrigerate and let stand at room temperature 30 minutes.

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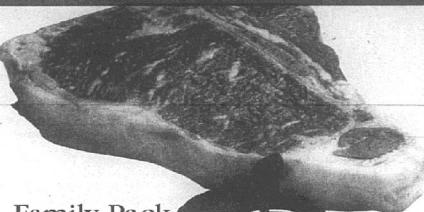
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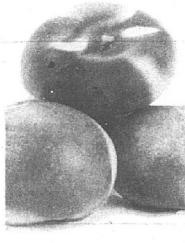


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COO  
By Peggy Vap  
Correspondent

HEARTY BITES

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# Cool escape suspects leave kitchen in bean scene caper

By Peggy Vaporean  
Correspondent

**HEART-Y BITES**  
There is an escape plan for me from the humidity and heat of the kitchen. It is to

prepare cool salads in the summer. I have an accomplice, a partner in this "crime"—the edible green soybean or "sweet bean."

This little protein powerhouse has a nutrient profile that is heart-healthy. It has a pleasant taste and

crunchy texture that blends into a variety of salads Americans can love.

Our escape route leads to produce stands and departments, where I mentally plan daily menus around fruits and vegetables that join my cohort,

the sweet bean, in cool food preparations. Unless organic is a garden source, organic whole green soybeans can be found only in the frozen food departments of natural food stores.

Soy protein happily departs from the saturated

fats and cholesterol of proteins animal sources. The whole soybean provides high soluble fiber, vitamin E and essential polyunsaturated fats that may help to maintain healthy cholesterol levels.

Steaming the sweet

green soybeans is my favorite way to start preparing them.

Registered dietetic technician Margaret Vaporean is a member of the nutrition committee of the American Heart Association, Greater St. Louis.

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**Mix 93.7**  
**KSD St. Louis**

All summer long, MIX 93.7 will be giving away awesome Summer Survival Kits loaded with amazing prizes like Riverfront concert tickets, beach gear, Banana Boat suntan lotion, Cardinals baseball tickets, passes for Raging Rivers, Six Flags, Wehrenberg movies tickets and more!

**From Sinclair Buick GMC**

**Everyone Qualifies!**

**Win a Buick Century!**

#### OFFICIAL "LAST SUMMER OF THE CENTURY" ENTRY FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ SS# \_\_\_\_\_

HOW TO PLAY: Clip out this entry blank and mail it to Mix 93.7, 1910 Pine St., St. Louis, MO 63103. Then from Memorial Day to Labor Day, we will select one winner per day for the Summer Survival Kits. Listen every weekday to Mix 93.7 to hear your name. Winners are chosen at random 3-4 days before on-air announcements. Every Last Summer of the Century winner is qualified for the Grand Prize: A Buick Century from Sinclair Buick! No purchase necessary to win. Sorry - no photo copies of entry form allowed. One entry per person. One winner per household. Winner must be 18 years of age or older. Winners must wait at least 24 hours from the time they won to pick up their prize. Entries must be received by August 31, 1999. Winner is responsible for all taxes. Complete rules available at the offices of Mix 93.7.

Mail this entry to: Mix 93.7, 1910 Pine St., St. Louis, MO 63103



# Lock in at 5.55% APY\*



## Mercantile Bank Certificates of Deposit

The stock market is volatile. This investment isn't. For a limited time only, our 22-month CD offers you a guaranteed rate of 5.55% APY. It's FDIC insured, and a safe way to invest in times like these. Visit your nearby Mercantile Bank. Or call (314) 425-2000. Outside St. Louis, call 1-800-425-2220. So start investing. And stop worrying.

**Mercantile Bank** Or call (314) 425-2000. Outside St. Louis, call 1-800-425-2220. So start investing. And stop worrying.

\*Annual Percentage Yield (APY) is accurate as of 7/08/99 and is subject to change at any time. Any fees imposed on the CD could reduce earnings. All Certificates of Deposit are subject to interest rate caps for early withdrawal. Minimum deposit to open and obtain the APY is \$1,000. Maximum is up to \$250,000. FDIC insurance up to the maximum allowed by law. Offer is valid at participating offices of Mercantile Bank N.A. in the city of St. Louis, the Missouri counties of St. Charles and St. Louis, and the Illinois counties of Madison and St. Clair. ©1999 Mercantile Bank Member FDIC

**MERCANTILE BANK**  
The power of partnership.

## SQUASH AND TOMATOES

2 cups sliced yellow and green (soft-shell) summer squash  
1 cup peeled, chopped tomato  
1 tbsp. margarine  
1/2 tsp. lemon juice  
1/4 tsp. sugar  
1/8 tsp. garlic salt  
1/8 tsp. lemon-pepper seasoning

Place squash in microwave-safe casserole. Microwave, covered, on high power for 4 minutes or until fork-tender.

Add tomato, margarine, lemon juice, sugar, garlic salt and lemon pepper. Stir to mix evenly. Microwave, covered, on high power 2 minutes or until steamy.

**SOUTH-WESTERN CHOPS**  
Season pork chops with light sprinkling of dry fajita or taco seasoning. Grill and thinly slice pork.

# Shop 'n Save. **TOTAL VALUE**

## The Best - For Less!



ASSORTED VARIETIES  
Shedd's Spread  
Country Crock

**2/\$3**  
3 LB. BOWL



Lipton  
Tea Bags

**189**  
100 CT.



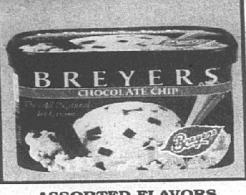
ASSORTED VARIETIES  
LIQUID OR POWDER  
**ALL Ultra**  
Laundry Detergent

**399**  
83-128 OZ.



ASSORTED VARIETIES  
Surf Ultra Liquid  
Laundry Detergent

**2/\$9**  
100 OZ.



ASSORTED FLAVORS  
Breyer's  
Ice Cream

**2/5.88**  
HALF GALLON



ASSORTED VARIETIES  
Ragu  
Spaghetti Sauce

**4/4.99**  
16-30 OZ.



BIG STICK REDS, STARSHIP  
OR VARIETY PACK  
Good Humor Popsicles

**3/3.95**  
16 OZ. **3/\$5**  
0.12 CT.



ASSORTED VARIETIES LIQUID OR  
Snuggle Fabric Softener Sheets **2.99**



SUN LIGHT GEL



CA MOISTURIZER

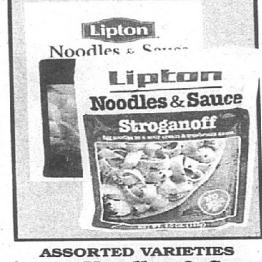


Dove  
Bar Soap

LIQUID OR POWDER  
Sunlight Auto  
Dishwashing Detergent

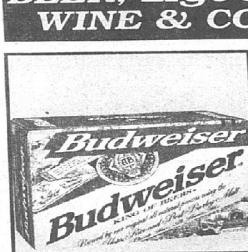
**2/\$5**

ASSORTED VARIETIES  
Carcos or Dove  
Bar Soap **1.99**



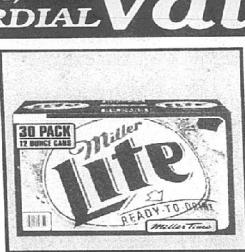
ASSORTED VARIETIES  
Lipton Noodles & Sauce  
or Rice & Sauce

**4/2.89**  
4.3-5.1 OZ.



Budweiser or  
Bud Light

**13.57**  
24 PK./CAN



Miller Lite, MGD or  
MGD Light

**13.47**  
30 PK./CAN



ASSORTED VARIETIES  
Bartles & Jaymes  
Wine Coolers

**2/\$5**  
4 PK.  
2/\$3 AFTER \$2 MAIL-IN REBATE



Style Shampoo  
or Conditioner

**2/\$1**  
13 OZ.  
WHILE SUPPLIES LAST



TABLETS, CAPLETS, GELCAPS  
OR LIQUID GEL  
Advil

**3.89**  
40-50 CT.

LICOR PRICES GOOD AT ILLINOIS STORES ONLY. SOME ITEMS NOT AVAILABLE AT ALL STORES.

Natural Light **8.67**  
24 PK./CAN

Tequila **4.97**  
24 FL. OZ.

Coors or  
Coors Light **6.47**  
12 PK./CAN

REGULAR, LIGHT OR ICE  
Milwaukee's Best **7.67**  
24 PK./CAN

Rolling Rock **6.87**  
12 PK./CAN

ASSORTED VARIETIES  
Hamm's **7.47**  
24 PK./CAN

08041-B

Keystone **7.97**  
24 PK./CAN

Corona Extra or  
Corona Light **9.67**  
12 PK./CAN

ASSORTED VARIETIES  
Arbor Mist **2.550**  
750 ML

Crystal Palace  
Gin or Vodka **9.99**  
1.75 LTR.

PLEASE BE  
RESPONSIBLE.  
DON'T DRINK &  
DRIVE.

SEAGRAM'S Canadian  
Hunter **12.97**  
1.75 LTR.

VENDANGE  
White Zinfandel **2.88**  
750 ML

SELECTED VARIETIES  
Peter Vella **6.87**  
6 LTR.

SILVER OR AMBER  
Bacardi Rum **7.77**  
750 ML

ASSORTED VARIETIES  
Tropical Freezes **2.550**  
3 PK.

Doral Carton  
Cigarettes **4.50 off**  
Regular Retail

READY TO DRINK  
Ultra Slim Fast **4.99**  
6 PK./11 OZ.

One A Day or Flintstones  
Vitamins **3.99**  
50-60 CT.

2 C. C. D. OR 1 CT. 9 VOLT  
Energizer Batteries **1.99**  
EACH

6 CT. FACE STRIPS, 5 OZ. CLEANSING  
GEL, 10 OZ. THERAPY BATH  
Biore Facial Products **3.79**  
EACH

Mylanta Supreme **2.99**  
12 OZ.

Theragran M Multi Vitamins **5.79**  
120 CT.

EXCLUDES GEL  
Men's or Lady's  
Sex Stick **1.47**  
EACH

Intellitecs Compose  
Reusable Undergarments **7.99**  
1 CT.

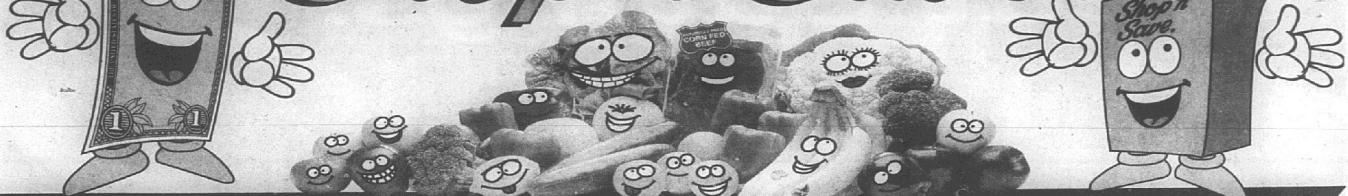
AA OR AAA  
Energizer Batteries **2.49**  
EACH

2.6 OZ. SPAN POWDER OR .5 OZ  
Tinactin Cream **2.99**  
EACH

Sundance Everyday Special  
Single 3 1/2" Prints with FREE  
24 Exposure Film **3.79**  
ONLY

IMAGE MAGIC - Put your pictures  
on your computer here only \$3.99

# Shop 'n Save®



## Name Brands and Private Labels at Low, Low Prices!



ASSORTED FLAVORS  
Prairie Farms  
Ice Cream  
**388**  
4 qt.



SELECTED VARIETIES  
Flav-R-Pac  
Vegetables  
**77¢**  
16 oz.



12 PACK CANS  
Coca Cola Classic.  
Diet Coke or Sprite  
**2/439**  
LIMIT 6 COKE 12  
PK. W/ ADD. \$1.00  
PURCHASE  
COKE, 2 LITERS ..... 97¢



SELECTED VARIETIES  
Pringles  
Potato Crisps  
**88¢**  
6-6.5 oz.



ASSORTED VARIETIES  
Lucia's  
Pizza  
**3/895**  
17-22.5 oz.



ORIGINAL ONLY  
Clorox  
Bleach  
**87¢**  
128 oz.



Angel Soft White  
Bath Tissue  
**479**  
24 CT.



Brawny Paper  
Towels  
**399**  
6 ROLL



ASSORTED VARIETIES  
Strongheart Can  
Dog Food  
**4/\$1**  
13-  
18.2  
oz.



PRE-PRICED AT 5.99  
Purina Mainstay  
Dog Food  
**499**  
17.6 LB.



ASSORTED VARIETIES  
Frito Lay's or Wavy  
Potato Chips  
**2/395**  
13-13.25 oz.



18.2 OZ. RAISIN BRAN CRUNCH, 20 OZ.  
FROSTED FLAKES, 13.5 OZ. RICE  
KRISPIES OR 15 OZ. CORN POPS  
Kellogg's Cereal  
**2/399**



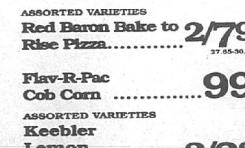
ASSORTED VARIETIES  
Tropicana Pure  
Premium Juices  
**2/488**  
64 oz.



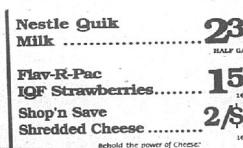
PRE PRICED AT 10.49  
Purina Meow Mix  
Cat Food  
**799**  
18 LB.



Tidy Cat Scoop Cat  
Litter  
**799**  
28 LB. BOX



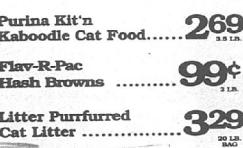
ASSORTED VARIETIES  
Red Baron Bake to  
Rise Pizza.....  
2/799  
37.55-50.75 oz.



Nestle Quik  
Milk .....  
**239**  
HALF GALLON  
Flav-R-Pac  
Cob Corn .....  
**99¢**  
8 EA



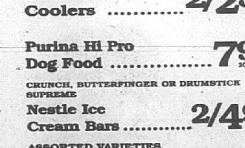
ASSORTED VARIETIES  
Chef Boyardee  
Pasta with Meat ....  
**4/295**  
14.75-15 oz.



Purina Kit'n  
Kaboodle Cat Food....  
**269**  
3.5 LB.



ASSORTED VARIETIES  
Keebler Cookie Stix  
**2/398**  
10 oz.  
Purina Lamb n  
Rice Dog Food .....  
**849**  
1.75 LB.



Purina Hi Pro  
Dog Food .....  
**799**  
20 LB. BAG



CRUNCH BUTTERFINGER OR DRUMSTICK  
SUPREME  
Nestle Ice  
Cream Bars .....  
**2/495**  
14 oz.



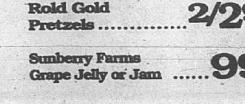
ASSORTED VARIETIES  
Gold Medal  
Whole Kernel Corn  
Nestle  
CRUNCH  
VANILLA  
14.5 OZ.



ASSORTED VARIETIES  
Tombstone Double  
Top, Stuffed Crust  
or Oven Rising Pizza  
**2/798**  
30.56 oz.



ASSORTED VARIETIES  
Kraft Macaroni &  
Cheese .....  
**3/\$2**  
5.5-7.5 oz.



Sunny Farms  
Grape Jelly or Jam .....  
**99¢**  
12 oz.

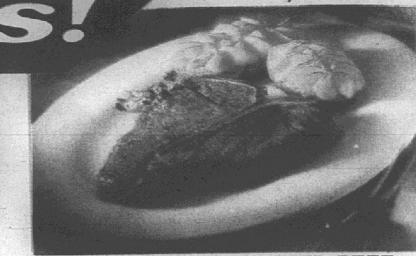


ASSORTED VARIETIES  
Waffle Crisp  
14.5 OZ. HONEY COMB  
14.5 OZ. OAT FLOUR  
9 OZ. SNACK ABOUTS  
Post Cereal .....  
**2/399**  
08042-A

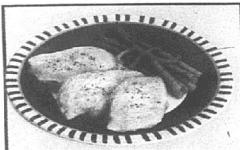
# Great Taste at Great Savings!



**FAMILY PACK  
Pork Steaks**  
**117**  
**LB.**



**USDA CHOICE CORN FED BEEF  
T-Bone Steaks**  
**489**  
**LB.**



TENDERBIRD FROZEN SKINLESS  
Boneless Chicken  
Breast

**699**  
**.3 LB.**

ALL MEAT  
Eckrich Jumbo Franks **99¢**

Mayrose Sliced Bacon **179**

R.B. Rice Pork Sausage **2/\$4**

REGULAR JUMBO, BUN LENGTH  
Oscar Mayer Hot Dogs **2/\$3**



BONELESS  
Pork Butt  
Shoulder Roast

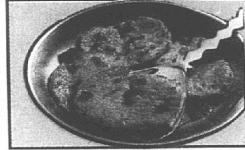
**119**  
**LB.**

ALL VARIETIES  
Eckrich Smoked Sausage **179**

Wafer Thin Buddig Sliced Meats **139**

Eckrich Cotto Salami or Sliced Bologna **99¢**

Oscar Mayer Fun Pack Lunchables **2/\$4**



FAMILY PACK  
Pork  
Cutlets

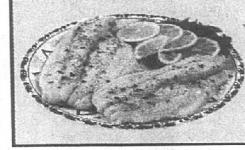
**199**  
**LB.**

ORIGINAL ITALIAN OR BEER  
Shop'n Save Bratwurst **199**

Hunter All Meat Hot Dogs **79¢**

ALL VARIETIES Gorton's Grilled Fish Fillets **2/\$5**

TENDERS, PATTIES, NUGGETS  
Banquet Boneless Chicken **2/\$5**



SEAFOOD SHOPPE  
FLASH FROZEN  
Catfish  
Fillets

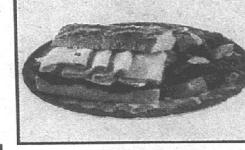
**299**  
**LB.**

4-6 CT.  
Frog legs **499**

FLASH FROZEN Whiting Fillets **249**

SOURDOUGH OR REGULAR Fresh Baked French Bread **99¢**

BAKERY FRESH Iced Brownies **399**



DELI SHOPPE  
Jennie-O Mesquite  
Turkey Breast

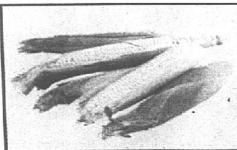
**399**  
**LB.**

Patrick Cudahy Honey Ham or Eckrich Virginia Baked Ham **399**

Wisconsin American or Hot Pepper Cheese **399**

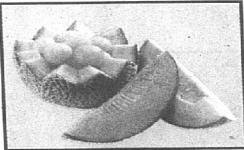
Eckrich Chopped Ham or Farmland Spiced Luncheon Loaf **199**

PLAIN OR SOURDOUGH English Muffins **79¢**



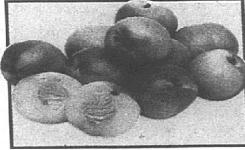
ILLINOIS  
Sweet Yellow  
Corn

**178**  
**5 pack**



WESTERN  
Sweet-Ripe  
Cantaloupe

**98¢**  
**ea.  
12 ct.  
size**



California  
Nectarines

**98¢**  
**lb.**



6/24 OZ. BTLS.  
Pepsi, Diet Pepsi  
or Mt. Dew

**2/\$5**  
**Pepsi 24 Can Cube.....\$5.89**



GALLON  
Shop'n Save  
Fat Free Skim Milk

**199**

SWEET-RIPE Peaches **99¢**

Dole Special Blend Salads **2/\$3**

Fresh Green Beans **68¢**

Quail Mountain Fresh Herbs **198**

Try These Exotic Varieties!  
NOT AVAILABLE AT ALL STORES  
Fresh Ginger **198**  
Chinese Eggplant **298**  
Fresh Daikon **98¢**  
SWEET Ripe Papayas **78¢**  
OPC Long Squash **88¢**

California Red or Black Plums **98¢**  
RED OR GOLDEN Washington State Delicious Apples **78¢**  
California Green Onions **3/98¢**  
Gary's Roasted or Salted Peanuts **198**

Shop'n Save Rye Bread **99¢**  
Shop'n Save Hamburger or Hot Dog Buns **99¢**  
ASSORTED VARIETIES Archway Cookies **3/495**  
PINK OR ORIGINAL Realemon Lemonade **2/\$3**

LOOSE CANS/ASSORTED FLAVORS/MIX OR MATCH Vess Soda **7/\$1**  
ASSORTED FLAVORS Vess Soda **99¢**  
ASSORTED FLAVORS Vess Soda **59¢**  
ASSORTED VARIETIES Vess Mixers **57¢**

# Shop'n Save® TOTAL VALUE

The more you shop the more you save.™

S	M	T	W	T	F	S
4	5	6	7			

PRICES GUARANTEED THRU AUGUST 7, 1999  
AT ALL ST. LOUIS METRO STORES ONLY  
WE RESERVE THE RIGHT TO LIMIT  
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DELI/BAKERY/SEAFOOD ITEMS NOT AVAILABLE  
AT ALL STORES



FOR STORE LOCATIONS CALL (314) 984-0900



08043-A









**HELP WANTED**  
Office Coordinator  
We hold West Port agency immediate need for an experienced administrative office coordinator.  
looking for an organized self-starter with solid computer skills and desire to work in a professional environment. Some payroll accounting experience a plus. Write or fax: Mr. John C. Schaefer, P.O. Box 2728, St. Louis, MO 63167. Fax 314-567-0765.

**CNA/CARD LITERATE PROFESSIONALS!!**  
as a day, 10 a/r/day work week  
need your resume  
SQC Corp., 18877  
tson Rd., St. Louis,  
63121 or via e-mail to  
co-mcqc@compuserve.com

**Part-time, full-time, 3 shifts,**  
314-576-4330  
**Ask for Dan.**

**BODY SHOP PERSON**  
Full time, part time. Must  
use tools. Experience  
driving drug screens  
valid driver's license  
St. Louis Auto Auction  
1381 St. Charles Rock Rd.  
BRIGGTON, MO 63044  
EOE  
Good fringe benefits  
after 90 days

**Classifieds Get Results**

**Automotive CHAMOISER**  
\$9 an hour 3 day week  
No experience necessary,  
Valid drivers license  
Required. Drug Screening  
St. Louis Auto Auction  
1381 St. Charles Rock Rd.  
BRIGGTON, MO 63044  
EOE  
Good fringe benefits  
after 90 days

**ATTENTION CNAs**  
Evening & Night Shifts  
Full Benefits!  
1 Win Money!  
1 Win Money!  
1 Free Certification!  
1 Attendance Bonus!  
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**GARDEN VIEW**  
of Chesterfield  
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equal opportunity employer

**CNAs/NAs**  
All shifts  
8 hr. & 12 hr. shifts  
**RESTORATIVE-AIDE**  
Exp. preferred, R/H shifts  
+ CNA Classes Available.  
+ NEW WAGE SCALE!  
+ NEW/differential pay-  
Evens, nights, winds  
& attend. bonus!  
Apply in person. EOE.  
InHS of GRAVOIS  
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St. Louis, MO 63128  
314-843-2424  
equal opportunity employer

**Automotive MECHANIC**  
Jump Truck Driver, some  
driving required. Valid drivers  
license and drug screening. Apply in  
person. EOE.  
St. Louis Auto Auction  
1381 St. Charles Rock Rd.  
BRIGGTON, MO 63044  
Good fringe benefits  
after 90 days

**FRESH PAINT BUFFER**  
Paint Dept., PREPERS  
Must be experienced  
in paint application and  
driving drug screens. Please  
apply in person. EOE.  
1381 St. Charles Rock Rd.  
BRIGGTON, MO 63044  
Good fringe benefits  
after 90 days

**AUTOMOTIVE/SALES**  
S. G. K. S. S. F. S. S.  
Ford/Lincoln Trucks  
No Evolving Sales  
Salesman, Mktg. Adm.  
Comm. + Vol. Bonus  
Health/Life Ins.  
Prof. Shifting Plan  
Full demo. Training  
Experience preferred  
E.O.E.  
Full. Recruit To:  
Broadway Truck Ctr.  
156 South 7th St.  
St. Louis, MO 63104

**Automotive Technicians**  
Apply in person  
Frank Letta Acura  
11777 Tesson Ferry Rd  
St. Louis, MO 63128  
849-4444

**BATTERY SALES & STOR-**  
Full time, part time, 20 hours  
and weekend hours very  
flexible. Good pay.  
RENT NEEDED! Great  
Pay, Great Tips, Bonus  
Program. Work Sat. &  
Sun. 8-3PM. To  
apply call: 314-920-2300  
The Pub Room 230 East  
Broadway, Alton

**Are you bored  
at home? Are your kids  
at school?**  
Need a challenge?  
Live in the Alton area  
Madison, Granite  
area, Collinsville,  
Edwardsville, East St.  
Louis area. Must  
have a High School  
Diploma, GED, a  
car with insurance  
and a working phone.  
You can work full-time or  
part-time for a local  
Citizen organization in the  
area. Earn Money  
and have fun. We offer  
you great pay, benefits  
and opportunities for  
growth. We pay above  
minimum wage and  
provide free  
training, if necessary.  
Call: 618-462-1391 or  
1-800-233-4944

**CANOHIA PARK UMC**, located  
on Hwy 20, 2 miles  
west of Alton. Part-time  
work. Must be computer literate.  
Please call 618-462-1391 for  
description, call 618-462-1391.

**CLEANER NEEDED** Full  
Weekdays. Eddie's  
Carbon Bar. 66th &  
Klein Carbon area. re-hire  
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## Giving CNAs Reasons To Smile

- Excellent Salary
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- Growth Opportunities
- Several Convenient Locations

**OPENINGS NOW**  
**CALL 314-653-4800**

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St. Louis, MO 63136

**BJC HEALTH SYSTEM**  
www.bjc.org

E.O.E. M/F/D/V

### Admissions Coordinator

#### Long term care

Energetic, outgoing "people person" to coordinate admissions in a LTC facility

located in Ellisville, MO.

Healthcare background

preferred. Must be able

to coordinate with

discharge planners and

social workers. Abilities

include building and

maintaining relationships

with patients and

their families, potential

residents and family

friends. Good admissions

and financial

contractor and working

relationship with office

staff. Benefits

include competitive

wages, excellent

benefits package

and 401(k).

Please apply at:

Human Resources

Hillcrest Center

1602 Manchester Rd.

Ellisville, MO 63117

fax 314-591-9831

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#### Full/part time

All shifts available

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Nights 11pm-7am

or 7am-3pm

or 3pm-11pm

or 11pm-7am

or 7am-3pm

or 3pm-11pm

**CARPET CLEANERS**  
Earn \$500-\$1200/week  
Will train. Call Mr. Rice  
\$250 Hiring Bonus  
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**Carousel Day Care Centers**  
are searching for DCFS  
certified directors, DCFS qualified  
teachers, & state licensed  
child care providers. Benefits &  
commissions are negotiable  
depending on experience.  
Part-time & full-time positions  
which can be brought to the job.  
Impressive, reliable, energetic &  
able to relate to people &  
children. Please call for  
interview. Ask for Brenda  
**876-4056**

**CASHIER**

Three years grocery  
store experience, nights or  
40 hours week, medical  
benefits. Paid holidays.  
Call 314-465-8885.

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company. Diversified  
responsibilities will  
include customer ser-  
vicing, selling cameras,  
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keeping. P.R. and com-  
puter skills a must. Fax  
resume to 314-1389 or  
call 314-739-1519.

**CLERICAL-PART TIME**  
Service Dept-Truck  
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Data Entry, Type, File  
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Evening hrs. 5-10 pm  
Mon-Fri-EOE

Send Resume To:  
Part Time Clerical  
Broadway Truck Lines  
1506 South 7th St.  
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**CLERICAL SKILLS NEEDED**  
If you know you will need  
these skills, have decent  
computer skills and good  
communication skills, we  
may have a spot for you. Call  
888-884-7444

**CINAS**  
Full-time CINAs  
evening shift 11:00)  
needed immediately.  
Apply in person.

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4025 Bonne Terre Road  
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Pre-Sorts Zip Express,  
St. Louis' fastest growing  
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COURIERS WANTED full  
and part time. Premium  
services. Minimum 2 years  
experience. Immediate pos-  
itions. Call 314-716-9373 or  
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**\$6.50 to \$9.00**  
Cashiers. Full-time, flex time,  
WANT TO WORK IN WASH  
Premium services.  
Minimum 2 years  
Shrewsbury, 352-4968,  
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Well established west county  
distributor continues to  
grow creating outstanding  
opportunities. We're  
looking for 3 people with  
solid backgrounds in cus-  
tomer service or sales  
skills who will accept  
more responsibility and  
earn \$30 to \$40 K per year.  
Solid compensation, com-  
mission skills a must. All fees  
paid. Write or fax Ms. Pine-  
hurt, Career Profiles, PO  
Box 28728, St. Louis, MO  
63145. Fax 314-573-7855.

**DATA ENTRY CLERK:**  
2nd Shift, excellent  
opportunity, many  
benefits on  
part-time basis  
temp to perm no  
fee Mrs. Schwartz  
888-384-7707

**USAS TEMPORARIES**  
418 E. Main  
Glen Carbon

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ED. Before & After School Program. All  
ages. Call 314-787-6022

**DELIVERY DRIVERS:** FIFTY  
THREE (53) VACANCIES  
9003

Looking for individuals to  
work in retail stores/warehouses  
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It Must be 18, have reliable  
transportation, and be  
Gateway Consumer Serv.  
Retail Sales Associate. Good Pay  
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ters and Hangers Wanted**  
Good Pay  
354-7874

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In the world has an  
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position will be responsi-  
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Month.

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and computer software

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500, USA.

Heights, MO 63043

657-8817

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seeking qualified

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and heavy physical

the above qualifica-

on. Fri., 8a-5pm

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MO 63146

personally employer

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# RESTAURANT

## For Sale or Lease

This full, equipped restaurant had done excellent business in the past and present. The location offers very good visibility, and is set up for banquets. Includes walk-ins and all other equipment. Don't pass up this opportunity.

**MAJOR REALTORS**  
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### FEATURED 5-STAR HOMES



**3333 Harvard**  
★ \$1,699 REDUCED! This spacious brick home, with a large rear deck, is fully updated throughout - first floor laundry, 2 1/2 baths, full basement, 2 car garage, fenced yard. Executive Agent related to seller. \$15,900. Reduced to \$105,000.



**1637 PINHOOK**  
NEW LISTING - 3 story alum. sided home w/rear carpeting, fire place, 1st floor laundry, 2 1/2 baths, full basement, 2 car garage, fenced yard. Executive Agent related to seller. \$15,900. Reduced to \$105,000.

**INVESTORS DELIGHT** - 2 story home across from Harris Park Apartments, Madison. Needs some work - price slashed to \$4,500. 1649 7th St., Madison 53711.



**1538 PINHOOK**  
LET YOUR RENTER HELP PAY YOUR HOUSE PAYMENT! - Hill and valley, 2 story alum. sided home w/rear carpeting, fire place, 1st floor laundry, 2 1/2 baths, full basement, 2 car garage, fenced yard. Detached garage. Agent related to seller. \$15,900. Reduced to \$105,000.

**NEW LISTING!** - Three bed room, 2 bath, sunroom and a 32' porch. Detached garage, storage shed with concrete floor.

**1569 - FIRST OFFERING - NEW GREAT NEIGHBORHOOD LISTING!** - Alum. sided 2 bed room home with full basement, 2 1/2 baths, clean. Just move into this home. Large rear deck, fenced yard, garage, in excellent neighbor garage, fenced yard. Check this out! \$15,900 REDUCED! \$44,900.

**JOHN BLASINGAME**...  
762-2097  
**BENALI BURGESS**...  
762-2024  
**RAND BUSHMAN**...  
762-2037  
**KATIE PEPPERS**...  
762-2051

**CALL US! WE'LL WORK HARD FOR YOU!**



**1705 SPRING**  
VERY WELL MAINTAINED HOME IN FIRST OFFERING - NEW GREAT NEIGHBORHOOD LISTING! - Alum. sided 2 bed room home with full basement, 2 1/2 baths, clean. Just move into this home. Large rear deck, fenced yard, garage, in excellent neighbor garage, fenced yard. Check this out! \$15,900 REDUCED! \$44,900.

**MARIE ROCHE**...  
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**NEW ON THE MARKET**

**JUST LISTED! LARGE 2 BEDROOM, 2 BATH HOME** - That site is corner lot. Very spacious rooms. Fireplace. Interior trim like new. Nicely landscaped yard. 2 car off garage. Very convenient location. Call quick this will not last long! CR2302

**FEATURED HOMES**

**Pretty 2 Bedroom Brick Home** w/porch, miniumnt kitchen, fireplace, above ground pool w/beautiful cedar privacy fence. Hardwood floors in the bedrooms. Don't let this one get away! CR2302

**ALTON, IL** - 4 Apartments. House has 1st floor apt. with 3 bedrooms, 2nd floor apt. with 2 bedrooms, 2 basements, etc. Walk basement. Great for investment or apt. but is now used as storage. Property sold as is. CR2302

**NICE HOME NEAR THE PARK!** Price to sell quick! 2 story, many updates including carpeting, roof, plumbing, h/w, guttering, siding, front porch. Newer DW, bath recently remodeled. 2 car garage. Rear deck. Garage. Features a big walk-in kitchen, beautiful oak stairway, whirlpool bath, skylights, large entry foyer, 4 bedrooms, 4 baths, plus a walk-in closet on the 3rd floor. Don't let this one get away! CR2302

**VERY LARGE, SPACIOUS HOME WITH SEPARATE AMENITIES!!** Features a big walk-in kitchen, beautiful oak stairway, whirlpool bath, skylights, large entry foyer, 4 bedrooms, 4 baths, plus a walk-in closet on the 3rd floor. Don't let this one get away! CR2302

**EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED**  
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**1860 7th** WELL KEPT HOME. ORIGINAL OWNER. ALL BRICK FIREPLACE, NEW ROOF & GUTTERS. ATRIUM DOOR TO LARGE DECK. COVERED PORCH. DOUBLE CAR GARAGE ON LARGE SHADDED LOT.



**18700 GAZEBO** COMPLIMENTS THIS 3 BEDROOM HOME WITH FENCED YARD, FIREPLACE, INTERIOR SYSTEM, ENCLOSED PORCH, AND CONCRETE BASEMENT. MANY TREES AND A GARDEN AWAIT.



**18730 12th** SUNROOM AND A 32' PORCH. DETACHED GARAGE, STORAGE SHED WITH CONCRETE FLOOR.



**18712 12th** MAINTENANCE FREE HOME WITH A LOT OF CABINETS IN KITCHEN, WALK IN CLOSETS, DECK OFF LARGE DINING AREA, 24 X 24 DOUBLE GARAGE PLUS 14 X 5 STORAGE AREA.



**18732 12th** MAINTENANCE FREE HOME WITH A LOT OF CABINETS IN KITCHEN, WALK IN CLOSETS, DECK OFF LARGE DINING AREA, 24 X 24 DOUBLE GARAGE PLUS 14 X 5 STORAGE AREA.

**HOLZINGER**  
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Broker 1 Owner

**Come See Us Today!**

Hwy 162 Between Lake Drive and Horseshoe Lane (Route Hwy 835) or call M.D.C.

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**OFFICE HOURS: Mon-Fri 9 - 6 • Saturday 10 - 2**

**COMMERCIAL LOTS** - 7 lots available in the GC area - total of 53,122 sq. ft. GR335.

**2 VACANT LOTS** on Madison Avenue - 80' frontage and zoned BI. Perfect for low impact, small retail business. GR390.

**CHARMING SETTING** - Gorgeous 4 BR brick surrounded by a beautiful landscaped yard. Eat-in kitchen, eat-in kitchen, hardwood floors, family room, off, garage. GR256.

**THIS ONE WON'T LAST!** Large eat-in kitchen with lots of cabinets, full basement, lots of windows, through, fenced corner lot. Call now! PG318.

**RESIDENTIAL BUILDING LOT** - Located in GC, lot size is 50' x 121'. Only \$5,000. GR394.

**SPACIOUS HOME ON LARGE LOT** - 3 BR, woodburning fireplace, eat-in kitchen, enclosed back porch, home warranty. GR328.

**STOP PROCRASTINATING** and start planning for your new home! 1/2 acre +/- acres in outskirts of Edwardsville. ED173.

**FULL BRICK HOME** - 6 rooms, fireplace, dining room, family room, room in basement 2 car detached garage, heat and electric lawn shed. GR307.

**WHAT MORE COULD YOU WANT?** 3 BR, 2 baths, family rm, w/fireplace, dining rm, French doors to deck, hot tub, 2 car garage. GR307.

**NEW LISTING** - Lovely home with updated kitchen, 3 BR, 2 baths, 1st floor laundry, fin. basement, great room, plus 10' addition. GR327.

**NEW LISTING** - 2 story home with 3 BR, lower level has family room, 4th BR or office. This is a great fix-upper with lots of possibility.

**NEW LISTING** - Nice 3 BR home with new furnace & c/a, elec. recently updated, fenced yard, large dg garage. GR023.

**INVESTORS ATTENTION!** Owner has listed the price of his apartment building in Madison. 2 apt. on main level, 3 efficiency apt. on 2nd floor. M025.

**NO WORK HERE!** Fully prepared inside & out, new carpet throughout, updated 3/4 bath off kitchen, rear wing, plus, del, garage, fenced yard. GR017.

**CONNIE MORRIS**...  
782-3412

**JANET PARTNEY**...  
782-5140

**LUCINDA SCHMIDT**...  
583-8399

**BON SIMON**.....  
782-8116

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782-8080

**BETSY TALCOTT**...  
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